

*the girlfriend doctor*  
DR. ANNA CABECA

# Essential Women's GUIDE TO SUPPLEMENTS

Selecting the Nutrients  
that Are Right for You

HORMONE BALANCE • LIBIDO • WEIGHT LOSS  
SLEEP • WELL-BEING • ANTI-AGING • AND MORE

DR. ANNA CABECA

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## Beautiful Girlfriends!

You've just made an amazing move for that precious, fabulous body and mind of yours: picking up my The Girlfriend Doctor's® Supplement Guide to learn which supplements will take your beauty, fitness, and health to a whole new level.

In this day and age, the question **“Do I need supplements?”** is no longer relevant; we don't even need to ask it! The question we should be asking is **“What supplements do I need?”** This guide will help you.

Supplementation is absolutely a cornerstone for vibrant health and fitness. It goes right along with eating plenty of Keto-Green® foods and lean proteins, prioritizing sleep, hydrating, and moving your body. It's not a sideshow anymore – it's one of the main attractions when it comes to your health and well-being!



*As a medical doctor and triple-board certified OB-GYN physician, I've prescribed medications for my patients.*

But my training in integrative and anti-aging medicine taught me that there are many natural supplements that work as well, and in some cases better, than traditional pharmacology.

More than 17 years ago, I dove much deeper into this subject following a tragic loss that led me on a personal healing journey. I was hit with early menopause and its horrible symptoms, including fatigue, depression, brain fog, hair loss, and infertility. My physician's bag was empty; I had nowhere to turn for relief. So I traveled the globe looking for medical and natural solutions for conditions and illnesses that plague us - especially for women who are going through the often-turbulent, distressing stages of hormonal fluctuation.

I knew that traditional medicines used by tribes and in many cultures worldwide have been around for millennia and are the oldest and most diverse forms of healing. There is a reason for their endurance: they work! Even modern medicine can trace its roots back to medicinal plants and some of the techniques still being used in traditional medicine today.

My focus then and now has always been on women's health - your health - because I want all of us to thrive and heal—beautifully, powerfully, and vibrantly.

You know it and I know it: We all go through some unsettling changes that begin as early as our 30s, with perimenopause, then menopause around our early 50s, and finally post menopause. We actually start “aging” as young women. In other words everything changes. But when everything changes, you've got to change everything! And this includes adding supplements and other products to your health and fitness routine. I don't want to know how old you are, I want to know how **YOUNG** you feel!



# Dirt Poor: Our Food Is Less Nutritious Than Ever Before

**Maybe you're a little skeptical about supplements.** If so, let me share with you that our foods are simply not as nutritious as they used to be. In fact, it has been scientifically shown that the salad you ate for lunch today is much less rich in vitamins, minerals, and other nutrients than it would have been in your grandparents' day.

The main cause of this disturbing nutritional trend is soil depletion: Modern intensive farming methods have stripped more and more nutrients from the soil in which the food we eat grows. Sadly, each successive generation of over-fertilized, insect-resistant lettuce and other veggies is truly less nutritious than the one before.

There are other issues as well: Every day, you face hundreds of toxins - pollutants in the air, degraded plastic byproducts in drinking water, chemicals in cleaning products, and pesticides in your food, and antibiotics in meat products — which further increase your body's need for vitamins, minerals, and antioxidants. These nutrients are vital for shuttling toxins out of the body through natural detox pathways and preventing the formation of DNA-damaging free radicals.

## SO – YES, WE NEED SUPPLEMENTS. AND WE NEED THEM FOR:

- Healthy aging
- Immune support
- Blood sugar regulation
- Weight control
- Hormonal balance
- Nutrient replenishment
- Inflammation prevention
- Stress management
- Energy production
- Brain health
- Skin and hair improvement
- Muscle and bone strength
- Detoxification

To name just a few reasons!

## Quality Is Key

**I'm passionate about your health and my health** – which is why I demand that only the highest quality ingredients and manufacturing practices are used in my products. Years ago, when I was in private practice, something surprising happened. I had been advising my patients to supplement with omega-3 fish oil. After all, the benefits were well known and well researched even back then – cardiovascular health, joint repair, weight loss, hormonal support, and more. Then – wham. Out came a scientific report stating that many fish oil supplements on the market were tainted with high levels of mercury – a harmful toxin.

This was alarming to me because many of my patients were pregnant women, and ingesting a poison like mercury could have dire consequences. I decided then and there that I would create and develop my own line of supplements, manufactured with only the best and most organic ingredients and produced in facilities that would ensure complete purity.

So when you take my supplements, feel reassured. I design and formulate them myself. I select the manufacturing facility. And I obtain guarantees that every single one affords the best potency and purity available.

And with this guide, I'm going to present you with some pretty compelling information (all research-based, mind you) to support the notion that supplements are indeed very important for your lifestyle. I'll provide scientifically-validated reasons that supplements help optimize your health, hormones, performance, and longevity.



# CHAPTER 1

## The Must-Haves

Because so much of our food is grown in soil that's depleted of nutrients, it's tough to get the necessary nutrition from food alone. This is why your first and most important line of defense is your diet. **I recommend that everyone follow my Keto-Green plans for optimal nutrition. These are featured in my three books, *The Hormone Fix*, *Keto-Green 16*, and *MenuPause*.**

**From there, add in supplements. So where to start?** If you just took the three superstar supplements described below, they'd do wonders for you and get you on the path to much better health.

## Mighty Maca® Plus



I first learned about maca when I visited Peru. It's a radish-like tuber that grows above 11,000 feet in the country's central highlands. Maca has long been an important staple for native Peruvians. Highly nutritious, the plant is rich in vitamins, minerals, protein, carbohydrates, fiber, amino acids and fatty acids.

I experienced the healing power of maca myself. Each day, I drank it mixed in juice (because it tasted terrible in just water), while trying desperately to regain my footing, my fertility and my life after a personal tragedy. **I felt its benefits almost immediately—more energy and a better mood, yet because of taste I started adding other superfoods and felt even better!**

## CONSIDER TAKING MIGHTY MACA PLUS IF YOU WANT TO:

- Improve your female reproductive hormone function
- Balance your hormones at all life stages naturally to eliminate hot flashes and bad moods
- Alkalinize your body
- Boost your memory
- Ease depression, anxiety, PMS, and menopausal symptoms
- Improve your libido (It is known as the Peruvian Viagra)
- Boost your energy and fight fatigue in healthy ways that don't strain your adrenals
- Help treat osteoporosis and metabolic syndrome (a prediabetic condition)
- Reduce glucose levels
- Take in more antioxidants
- Lower blood pressure
- Protect your liver and immune system
- Support detoxification
- Ease aches and pains
- Optimize ovarian function
- Neutralize lactic acid so you can reduce your workout recovery times

As a result of using my homemade combination regularly, my early menopause was reversed and I naturally became pregnant after having failed several rounds of fertility treatments. I decided to formulate my own organic maca product, which turned out to be Mighty Maca Plus. **Along with organic maca root, I added around 30 superfoods to the supplement.** These include inflammation-fighting turmeric, quercetin, resveratrol; super greens like kale and spinach powders, liver-protecting milk thistle; microgreens like chlorella and spirulina; digestive enzymes like bromelain, and many other powerful superfoods.

### HOW TO USE IT:

Add 1 scoop to 4 ounces of water, (adding a teaspoon of fresh lemon juice is great), a cup of herbal tea, or your favorite smoothie – it goes with just about everything. Take 1 to 3 servings daily for best results.

### TESTIMONIALS

*“Seriously, the results blew my mind. My menopause backed off. And I started shedding weight.”*

– LISA

*“I went up to 3 scoops daily, and my libido went through the roof!”*

– MANDA



[CLICK HERE TO LEARN MORE.](#)

# Keto-Green® Plant-Based Protein Shake



This is an all-in-one protein and meal replacement shake that will help you realize increased levels of energy, focus, and performance. At the same time, it reduces hunger and cravings to help with weight management. And it does all this while supporting healthy digestion, removing toxins, and reducing mood swings.

For the protein, I chose a vegan pea/rice protein combined with seed proteins – both perfect for all sorts of diets, especially if you are a vegan or vegetarian or simply want to boost your intake of plant-based foods and hormone balancing seeds.

Made from the high-fiber legume yellow split pea, pea protein has a well-balanced amino acid profile and is thus considered a high-quality protein with

low allergenicity. Compared to the milk-based protein whey, research has found that pea protein produces similar outcomes in measurements of body composition, muscle thickness, and strength. In short, it helps us lose body fat and develop lean muscle.

The other source of protein comes from ground pumpkin and sunflower seeds. Both are excellent protein powders if you're avoiding animal proteins or have allergies to dairy proteins such as whey and casein. Both seed proteins are packed with protein and are a good source of fiber, iron, magnesium, and potassium.

**When you enjoy this shake, it's like drinking a multi-vitamin/mineral supplement too!** The formula includes vitamin A, vitamin C, vitamin B1, vitamin B2, vitamin B3, vitamin B6, folate, vitamin B12, biotin, choline, pantothenic acid, along with 14 minerals.

Regarding B vitamins: recent evidence suggests that they help regulate the stress hormone cortisol, which in excess drives the body to store belly fat. The B vitamins do their job by supporting the function of your adrenal glands, which secrete cortisol and other stress hormones. Adrenal stress and high cortisol levels can rob your body of precious B vitamins.

Vitamin B12 is tough to get if you don't eat animal products, but you'll get it here. That's important too, because a deficiency can lead to decreased estrogen and progesterone, along with increased cortisol levels. It is the single most important nutrient affected by aging and starts its downhill descent by midlife—which is why supplementation is essential.

Along with protein and nutrients, the shake contains MCTs (medium chain triglycerides) to help with ketosis (fat-burning); microgreens; and several natural ingredients like turmeric, ginger, and quercetin that help tame inflammation, which underlies many illnesses.



## CONSIDER USING THE KETO-GREEN PROTEIN SHAKE IF YOU WANT TO:

- Enhance weight loss, including the reduction of belly fat and upper pubic fat (UPF)
- Relieve hot flashes
- Balance your hormones and lift your mood
- Support healthy digestion
- Detoxify your body

### HOW TO USE IT:

Mix 1 to 2 packs or scoops with 8 ounces of water or a nut milk and blend with your favorite Keto-Green smoothie ingredients like frozen kale or spinach, avocados, or berries. For optimal results, drink 1 to 2 times a day.

Personally, I occasionally like to combine my Keto-Green Shake with my lunch meal but then have nothing else until dinner. Also, I will often flip my meals and have a healthy Keto-Green lunch and then a Keto-Green shake for dinner. This is really helpful as a reset when the number on the scale is creeping up, when I am feeling bloated, when I've just gotten back from vacation, or after a weekend of extra indulgences.



### TESTIMONIALS

*“Fast, nutritious and delicious. I’ve tried every shake out there and this by far tastes great and doesn’t leave that heavy feeling in your stomach or the grimy feeling in your mouth. It makes me feel satisfied and nourished from the inside out.”*

– AMY S.

*“I love breaking my fast with this mix. Great taste, it’s filling and keeps my cravings away”*

– HEATHER G.

*“I get all my vitamins and extra protein in one delicious shake every day. So easy and yummy!”*

– DEIDRA C.

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# Superwoman Daily Packs

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A vital part of daily nutrition is micronutrition (vitamins and minerals). Micronutrients are involved in converting food to energy, building and repairing tissues and DNA, manufacturing neurotransmitters, hormones, detoxification, and maintaining overall health.

According to research by the USDA and other prestigious organizations, Americans are deficient in many key micronutrients because we are simply not consuming enough nutrient-rich food – which is why a good multi-vitamin/mineral supplement like Superwoman Daily Packs is recommended.

Please note: If you are already using Mighty Maca Plus, my Keto-Green Protein Shake, and omega-3 fatty acids such as my Omega Goodness supplement, you are already getting all the supplemental vitamins, minerals, and other nutrients you need.

But if you choose Superwoman Daily Packs as your main vitamin/mineral supplement, here's why this supplement is a great investment:

**BALANCED NUTRITION.** This formula features a balanced nutrient profile that includes calcium, magnesium, zinc, copper, vitamins C and E, folate, vitamin B12 plus a vitamin B complex, beta-carotene, and trace nutrients. I formulated each of these in a highly bioactive form so that they are well absorbed and are put to full use by the body.

**ANTIOXIDANT PROTECTION.** The addition of vitamins C and E, beta-carotene, and trace elements provide broad-spectrum antioxidant support. Antioxidants protect cells from free-radical damage, decrease inflammation, and help prevent chronic disease. The antioxidants in this formula help regenerate each other, as well as other antioxidants.

**DETOXIFICATION.** The ability of the body to detoxify “xenobiotics” is vital to good health. Xenobiotics are chemical compounds foreign to the body, such as drugs, food additives, and environmental pollutants. In fact, the term xenobiotic means “foreign to life.” To eliminate these foreign substances from the body, they first must be converted into molecules that can then be eliminated. This formula contains nutrients that do just that: the B vitamins, as well as vitamins C and E, along with key minerals.

## CONSIDER TAKING SUPERWOMAN DAILY PACKS IF YOU NEED TO:

- \* Fill in any possible nutritional gaps in your diet
- Help increase your energy levels
- Ensure adequate antioxidant protection
- Support your body's detoxification efforts
- Support your anti-aging efforts

## HOW TO TAKE IT:

Take three packets daily – one in the morning, one in the afternoon, and one at bedtime, or as directed by your healthcare provider.

I also suggest cycling this supplement into your routine, especially September through March, because we tend to require more nutrients during fall and winter. During these months, the weather is colder, there is less sunshine, there are more cases of colds, flu, and other viruses, plus we're under increased stress from our demanding schedules as we approach a new year. Your immune system requires extra nutrition and attention as a result.



## TESTIMONIALS

*“This is a very easy way to keep track of your supplements. Everything is organized and the tear off pouches clearly identify when each set of pills needs to be taken during the day and evening.”*

– JOYCE D.

*“I very much like the daily dose superwoman pack. I simply need to add my special supplements I take for my health needs. Makes my life so much easier. I will purchase them again.”*

– PAMELA D.

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## CHAPTER 2

# Nutritional Support and Weight Control

Since I was child, my weight has swung dramatically from highs to lows and back again. Many years ago, I got serious about stopping all this and developed my Keto-Green nutritional strategy – a combination of ketogenic and alkaline nutrition. **Turns out that Keto-Green nutrition has amazing results for weight control and hormone balance. You can follow plans, all of which are featured in my three books, The Hormone Fix, Keto-Green 16, and MenuPause.**

Part of this strategy also involved nutritional supplementation, with the emphasis on those supplements that provide the body with the nutrients it needs and that address weight control. **Many women with a weight problem are nutritionally deficient in many micronutrients. What's more, if they are very overweight or obese, their bodies are inflamed. Many supplements can help ease inflammation.**

So if you want to lose weight and feel better for the long term—and stay there—you've got to go a little deeper with your nutrition. To accomplish this, I suggest adding the following supplements to your diet.

# Immune Champion

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This supplement combines everyone's favorite nutrient - high-potency vitamin C – and citrus bioflavonoids (compounds found in citrus fruits like tangerines, oranges, and grapefruit). Both vitamin C and bioflavonoids have been extensively researched for their roles in supporting antioxidant and immune function.

Hormonally and for weight control, vitamin C offers wholesale protection against excess levels of cortisol (which can promote belly fat). In one quite remarkable study, German researchers put 120 people in a surefire stressful situation: public speaking combined with solving a math problem. Half of the participants supplemented with 1,000 mg of vitamin C; the other half did not. Signs of stress—elevated cortisol (which contributes to belly fat) and blood pressure—soared in the non-supplementers, while those who took the vitamin did not have such an acute response and felt less stressed while going through the tasks.

In addition, vitamin C has far-reaching benefits for many tissues in the body because it is required to manufacture collagen. Collagen is a fundamental protein in bones, tendons, ligaments, blood vessels, skin, gums, and joints. Ultimately, the health of these tissues depends on vitamin C. Collagen is especially necessary to maintain tight, non-wrinkly skin.

## CONSIDER TAKING IMMUNE CHAMPION IF YOU WANT TO:

- Fortify your antioxidant system to fight cell-damaging free radicals
- Support healthy connective tissue
- Support the synthesis of tissues and blood vessels
- Boost your immunity
- Help your body make carnitine, a fat-burner and heart protective nutrient
- Support the manufacture of neurotransmitters – chemical messengers that transmit signals from nerve cells to target cells.
- Maintain a mood and brain function by facilitating the conversion of dopamine to norepinephrine and enhances communication among nerve cells
- Promote healthy vascular status thanks to the presence of citrus bioflavonoids
- Regulate cortisol
- Support adrenal function
- Reduce inflammation
- Enhance liver detoxification

## HOW TO USE IT:

Each capsule of Immune Champion provides 500 mg of vitamin C and 500 mg of citrus bioflavonoid complex in a one-to-one ratio. Take one capsule daily, or as directed by your healthcare practitioner.



## TESTIMONIALS

*“I’ve been taking this product for about a year now. Between work and volunteer hours, I am around a lot of people. The Immune Champion helps me stay healthy. I also pair it with AmaZinc.”*

– MICHELE S.

*“Great vitamin C supplement. I take it first thing in the morning on an empty stomach with no problems. I have more energy and protection for my immune system.”*

– CATHERINE T.

*“This product has not only boosted my immune system with Vitamin C but, it has a multitude of flavonoids to help keep my body in optimal health. I have experimented with many supplements on the market but chose to buy Dr. Cabeca’s supplements because of the great quality and multitude of supplements in each product which I have not found in other products.”*

– CINDY W.

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# Ray of Strength

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This supplement is my exclusive formulation of vitamin D3 and K2. Vitamin D is important for bone health, immunity and acts more like a hormone in the body than a vitamin, affecting every cell. In my practice, I saw vitamin D deficiencies all the time, in vegetarians, vegans, and omnivores alike.

Vitamin D has received a lot of attention for its ability to reduce the risk of respiratory infections, including the flu and Covid-19. According to a review report published in *Nutrients* in 2020, it works by triggering processes that can help keep viruses from replicating and reducing concentrations of inflammatory chemicals that injure the lining of the lungs, leading to pneumonia. Vitamin D also boosts concentrations of anti-inflammatory substances in the body.

**It also turns out that vitamin D is a rockstar in fighting obesity. As a fat burner, it appears to work in four important ways.** First, when you have optimal levels of vitamin D, your body produces more leptin, the hormone that sends a message to your brain that you're full and don't need to eat anymore. Second, with an ample supply of vitamin D, your fat cells resist making and storing fat. Third, vitamin D may work with calcium to reduce the overproduction of cortisol, that pesky stress hormone which triggers the storage of belly fat. Finally, vitamin D is essential for hormones to work together properly, especially progesterone and oxytocin.

Vitamin D is naturally found in some foods, such as fatty fish, and is synthesized in the body when your skin is exposed to sunlight for even just ten minutes a day.

Even so, most people don't get enough vitamin D due to living in more northerly climates or not eating enough vitamin D-rich foods—which is why supplementation is important.

There are two types of vitamin D: vitamin D2 and vitamin D3. Both can be taken in supplement form. Vitamin D3 is produced in response to sun exposure and is found in animal products, whereas vitamin D2 occurs in plants. Vitamin D3 has been found to increase blood levels significantly more than D2.

As for vitamin K2, it helps your body absorb vitamin D. Within your circulation, vitamin K2 activates proteins that transport calcium away from the arteries, while in your bones, this nutrient activates the proteins that bind calcium to strengthen bones. K2 then gives a double health whammy: it helps protect against osteoporosis and guards against the hardening and calcification of artery walls. This supplement contains a highly bioavailable and bioactive form of K2 – meaning the supplement goes right to work in your body.

## CONSIDER TAKING RAY OF STRENGTH IF YOU WANT TO:

- Support bone health
- Lose body fat and control your weight
- Reduce the risk of respiratory infections
- Protect against inflammation
- Support cardiovascular health by preventing arterial calcium deposits (K2 specifically)
- Support healthy blood clotting (K2 specifically)

### HOW TO TAKE IT:

It's important that you get some sun daily, especially in the morning and early evening (when the rays aren't as damaging) so that your skin and eyes are exposed to sunlight.

Swallow one capsule daily with water, preferably at mealtime, or as directed by your healthcare professional. If you are taking medication, especially blood-thinning medication, consult your healthcare professional.



### TESTIMONIALS

*“It is my understanding that Vitamin D is better for you with K in it. I have been taking Vitamin D without K for several years now. I want a strong immune system so I will take Vitamin D-K to make it better.”*

– LINDA JEAN S.

*“Vitamin D as most of us have learned this year is a necessity to a strong immune system. But, what truly counts is finding the right one - high quality and including vitamin K from a trusted brand and Dr. Cabeca.”*

– EDITH T.

*“Until trying this product, I had no idea that you needed to take K2 with your vitamin D3 to make it more effective. I will continue to use this product to improve my absorption of D3 and K2. I really appreciate your thoughtful supplement combinations tailored to women!”*

– JOAN S.

[CLICK HERE TO LEARN MORE.](#)

# Omega Goodness



Who hasn't heard about the "goodness" of omega-3 fatty acids found primarily in fish oil? Their health benefits can be attributed to two important fatty acids: EPA and DHA. Both are incorporated into cell membranes to make them more flexible. For heart health, this means the fatty acids support healthy blood flow and protect against abnormal blood clots, while in the brain, they allow electrical and chemical messages to flow more easily from one cell to another.

Omega-3 fatty acids also protect against anxiety and depression and work together with vitamin D to regulate levels of serotonin, which lifts moods and generates melatonin – the sleep hormone.

Omega-3 fatty acids have beneficial effects on blood pressure and are extremely important in menopause. In a 2009 study conducted in Canada,

120 women going through menopause were given either a fish oil supplement providing 1,200 milligrams of EPA and DHA or a placebo for two months. Prior to the study, these women averaged about 2.8 hot flashes daily. But after 8 weeks, their hot flashes decreased by 55 percent in the EPA and DHA group, but by only 25 percent in the placebo group.

EPA and DHA can both help reduce body fat—particularly in the belly. Researchers in China did a statistical analysis of seven studies involving omega-3 fats and overweight adults and concluded that supplementation produced a significant reduction in waist circumference. The study was published in 2017 in the *Journal of Nutrition, Health, and Aging*.

## CONSIDER TAKING OMEGA GOODNESS IF YOU WANT TO:

- Enhance your cardiovascular health
- Boost your mood and help reduce anxiety
- Reduce belly fat
- Support healthy glucose and insulin metabolism
- Help your body generate specialized mediators, (resolvins and protectins) that clear inflammatory chemicals from the system

## HOW TO TAKE IT:

Omega Goodness is another one of my proprietary supplements. It features MaxSimil® a monoglyceride fish oil that has a three times greater EPA+DHA absorption rate than an equivalent dose of other leading fish oils. Through the use of MaxSimil patented lipid absorption enhancement technology (PLATform), the fish oil is absorption-ready and can be directly assimilated in the intestinal tract for maximum benefit.

Take one softgel daily, or use as directed by your healthcare practitioner.





#### TESTIMONIALS

*“So much better than other brands-no fishy taste and my hair and nail strength has also improved.”*

- LISA M.

*“I really love this product as it’s gentle on my stomach and I know I’m getting all the omegas needed. I actually feel some energy from this as well. I got my hubby taking them too! Great product!”*

- KAREN F.

*“ I love taking Omega Goodness every day. It helps me with my cravings. I stopped craving carbs. It doesn’t have a smell and is easy to swallow. I highly recommend it!”*

- MIMI M.

[CLICK HERE TO LEARN MORE.](#)

# AmaZinc



Everyone is concerned about immunity these days, so I formulated an additional immune support supplement – AmaZinc. It contains a number of key ingredients that work together for immune support and detoxification:

**ZINC.** Many women may be deficient in this mineral, putting them at a hormonal disadvantage. If your body is lacking in zinc, along with iron and B vitamins, for example, you may present symptoms of a hormonal imbalance such as polycystic ovaries, infertility, or miscarriages.

Zinc is vital for strengthening your immune system, building hormones (especially testosterone), and protecting the gut. It is found mostly in animal foods, so vegans are often deficient.

**VITAMIN B2 (RIBOFLAVIN).** This vitamin is essential for processing carbohydrates to produce energy and amino acids (the building blocks for proteins). It also helps keep mucous membranes (such as those lining the vagina) healthy.

**VITAMIN B6.** This vitamin benefits the central nervous system and metabolism. Its roles include turning food into energy and helping to create neurotransmitters, such as serotonin and dopamine, to enhance your mood and alleviate anxiety.

**MOLYBDENUM.** This nutrient is a trace, but essential mineral that occurs naturally in many foods. Supplementing with molybdenum has been linked to several health gains, such as cancer prevention, improved circulation, better dental health, detoxification, and protection against inflammatory and autoimmune diseases.

**MALIC ACID.** Found in apples, wine, and other foods, malic acid, supports energy production, which is why some people take it as a supplement for health concerns like chronic fatigue and fibromyalgia. It's also sometimes taken to enhance athletic performance.

## CONSIDER TAKING RAY OF STRENGTH IF YOU WANT TO:

- Boost your immunity
- Support detoxification and overall wellness
- Maintain a healthy metabolism
- Create glowing skin
- Maintain normal hearing and vision

## HOW TO TAKE IT:

Take one capsule daily for best results.



## TESTIMONIALS

*“I’ve been taking this product for about a year now. It’s a good immune boosting source! I work in an office and volunteered (a lot of hours) at my daughter’s high school. My point... I am around a lot of people and stayed healthy and strong.”*

– MICHELE S.

*“I am on my second bottle of AmaZinc and it seems to be doing its job! Although I got covid, I began to lose my hair shortly after. Replacing zinc has stopped the loss of my hair!”*

– LAURIE R.

*“I have been on zinc supplements for some time. Because of the amazing results I am experiencing with so many of Dr. Anna’s products I switched to her AmaZinc. My health continues to improve, and this supplemental form of zinc is the one that my body prefers.”*

– JULIE T.

[CLICK HERE TO LEARN MORE.](#)



## CHAPTER 3

### Intimacy, Sexuality, Hot Flashes, and More

#### Sex!

It is an important part of life, don't you agree? Aside from reproduction, sex is all about intimacy and pleasure.

There are even health benefits you derive from a healthy sex life! Sex:

- Reduces blood pressure
- Burns calories
- Enhances cardiovascular health
- Strengthens your muscles
- Maintains a high libido
- Increases surges of oxytocin, the bonding hormone, to help you feel connected and strengthen your relationship
- Boosts immunity

But as your hormones shift with perimenopause, menopause, and beyond, there are many changes that can impact different parts of your sex life. *For example:*

#### Lower Libido

When you had periods, changing hormone levels caused your sex drive to peak just before and after ovulation. But without a monthly cycle to help you get aroused, you may now have less interest in sex. The big reason of course is lower hormone levels, which can cause insomnia and mood swings. Both lead to fatigue, irritability, anxiety and depression. None of these helps you in the bedroom department!

If you've gained weight, particularly in your belly or upper pubic area – as a result of lower estrogen, these changes can also affect the way you think about your body, your sexuality, and your self-esteem – which can cause your sex drive to take a nosedive, place a strain on your relationship, and interfere with enjoying a normal sex life.



## Pain during Intercourse

Fluctuating hormone levels mean that the tissues and blood vessels in your vagina and vulva receive less estrogen. The effect can result in vulvovaginal atrophy, a condition in which the vulva and vaginal tissues lose thickness, elasticity, and moisture.

Vulvovaginal atrophy can cause the tissues of the vagina and vulva to become dry, thin out, and lose their folds. While these changes aren't visible to the naked eye, the changes can make these areas more likely to become bruised, broken, and irritated. The friction of intercourse increases the likelihood of painful tissue damage and intensifies discomfort.

Pain during intercourse can also occur if you develop atrophic vaginitis, an inflammation of the vaginal tissues that results from reduced estrogen levels. Symptoms can include pain, swelling, burning, and itching, which can become more painful during penetration and intercourse.

## Vaginal Dryness

One of the most common effects of menopause is vaginal dryness. Prior to menopause, your body produces extra moisture to aid sexual intercourse when you're aroused during foreplay. As estrogen levels decline, your vagina loses its ability to produce adequate natural lubrication. The onset of vaginal dryness is also associated with vulvovaginal atrophy and atrophic vaginitis.

Vaginal dryness can cause pain during intercourse as the rubbing creates friction without lubrication. You may find relief by using over-the-counter lubricants prior to intercourse, in addition to my suggestions below.

You can help offset the impact of some of these symptoms with regular sexual activity. This helps maintain vaginal health because it increases blood flow to the area, which can protect your vagina's muscle tone, shape, and elasticity. Hormone replacement therapy is another option.

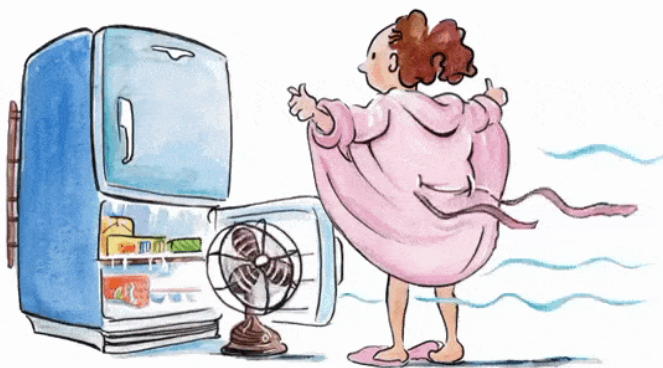
## Hot Flashes

When a wave of warmth slowly rises as you suddenly realize that you're really hot and you are sweating – that's a hot flash, or a night sweat if it happens at night. The culprit is hormonal fluctuations, which affect your body's temperature control and cause you to overheat.

Hot flashes are disruptive, embarrassing, and uncomfortable, but how do they affect your sex life? Well, they may impact your desire for skin-to-skin contact. If you're in the middle of a hot flash, you're unlikely to want to cuddle with your partner and sweat all over that person!

And then there's the possibility that you're right in the middle of sexual activity with your partner, and the heat comes over you like an ocean tide. Suddenly, all you want to do is push away. with an "Oh my gosh, I'm so hot. Hang on. I need a break." Game over.

My love for medicine and hormonal healing led me to develop some very safe, natural, and effective ways to restore libido and sexual health. The following products and supplements are part of this solution.





Throughout the decades of my medical practice, I've witnessed and cared for women with vaginal dryness, incontinence, and prolapse or pelvic relaxation syndromes, vaginal atrophy, even vaginal stenosis (the narrowing and shortening of the vagina).

As time passed, women also came to me to be treated surgically for many of these conditions, including incontinence, vaginal repairs, bladder lifts, and slings. None of these are emergency surgeries – which is why I recognized that the underlying causes needed to be addressed first. I went to work on solutions.

I recognized that estrogen, which is most commonly prescribed for vaginal dryness, rarely improved incontinence. Nor did it provide any real significant improvements in orgasm or sexual function, although it's very safe when inserted vaginally.

The reason for estrogen's limited benefits is because it affects only the mucosal layer of the vagina and does not do very much at all, if anything, to improve the muscular layers.

At the time, I was using androgen therapy such as bio-identical DHEA and testosterone vaginally or applied topically to the vulvar area – and I was getting great results for sexual health and vaginal dryness. My patients loved it! They also started reporting fewer problems with incontinence. The more I used androgen therapy, I discovered that I rarely needed to operate. In fact, it turned out that I never did another sling operation again.

A light bulb went on. DHEA is available over-the-counter. Could I formulate a topical DHEA-based cream that could be applied to our private parts? A cream that could do everything women in these life stages need – vaginal moisture, no incontinence, and strengthening of the vaginal and bladder musculature?

## I KNEW FROM MY RESEARCH THAT TOPICAL DHEA:

- Reduces vaginal dryness and irritation and improves pH acidity
- Strengthens vaginal musculature
- Increases bone mineral density
- Decreases pain during intercourse
- Increases arousal and libido, as well as sexual satisfaction.

I was on a mission – and the result was Julva! It took years to perfect, but as of today, Julva has helped thousands and thousands of women all over the world feel good about their feminine bits, especially as they deal with the normal changes of age.

In addition to DHEA, I formulated Julva with other moisturizing ingredients, including Alpine Rose Stem Cells, which regenerate skin cells, protect you from environmental stressors, and promote stronger, healthier-looking skin – including the skin in our private parts.

## CONSIDERING USING JULVA IF YOU ARE:

- Experiencing vaginal dryness and lack of lubrication
- Having discomfort with intercourse
- Suffering from incontinence and want to improve symptoms
- Having sexual satisfaction issues and want to improve sexual function and pleasure

### HOW TO USE IT:

Make a daily habit of applying 0.5 mls of Julva (a pea-sized amount, to your vulva, clitoris, and surrounding skin. You can apply it in the morning or evening, depending on what works best for you. Typically, I recommend using it every day for one month or until you achieve the desired results – then 5 times a week for maintenance.

You can also use it as needed prior to intercourse (about 20 minutes before in order to let it sink in and start working its magic). Wash your hands thoroughly after applying it. You can also apply Julva using toilet paper and wiping it on.



## TESTIMONIALS

*“No more bladder leakage!”*

– PATRINA D.

*“This product was recommended by a friend months ago. I finally ordered it and am pleasantly surprised to find it really works. I love the warm feeling it gives and am finding my moods are lifted. My libido is restored and that’s a plus, for sure.”*

– PEGGY S.

*“As an older woman, Julva makes sex as enjoyable as it was 20-30 years ago.”*

– DONNA W.

[CLICK HERE TO LEARN MORE.](#)

# Hottie Daily Dose Monthly Pack

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I like to think that we're all "hotties," but the "hot flash" part of your hotness needs to stop messing with your day and your sex life. Fortunately, there are natural and healthy alternatives you can use to feel normal again and without worrying about the next heatwave. I formulated this daily vitamin pack just to help you relieve your menopausal and hot flash symptoms.

In addition to the nutritional support you need from vitamins and minerals, you'll get other important nutrients and herbs scientifically known to help ease, and in many cases, eliminate hot flashes. Among these ingredients are:

**VITAMIN E.** This popular nutrient has lots of health benefits, but one of the most important for women is relief of hot flashes. This has been spelled out in a number of journals, including *Gynecologic and Obstetric Investigation*, and is recommended as a hot flash treatment by the Mayo Clinic.

**FISH OIL.** One of the fatty acids in fish oil – EPA – has been shown to cut the daily occurrence of your hot flashes by 50 percent. The probable reason is that around menopause, a decline in estrogen can trigger inflammation throughout your body. One of the main ways that fish oil works to ease hot flashes is by targeting inflammation. Chronic inflammation is at the root of many diseases and symptoms, and fish oil targets it by lowering the body's production of inflammatory substances.

**MAGNESIUM.** If you have low magnesium levels, this shortfall may contribute to the development of hot flashes by making your blood vessels more sensitive to hormonal changes. With supplemental magnesium, blood vessels can become more stable.

**PRENYLNARINGENIN.** Derived from hops (which are used to make beer), prenylnaringenin is a phytoestrogen – a plant compound that acts like an estrogen. In fact, prenylnaringenin is reported to be the most estrogenic phytoestrogen known, more so than those found in soy foods. It supports the body's natural process of healthy aromatase activity (aromatase is an enzyme responsible for a key step in making estrogens). As a result, it helps relieve hot flashes and supports cardiovascular, bone, and breast health. Prenylnaringenin also helps with proper metabolism of glucose and insulin.

**BLACK COHOSH.** Discovered by Native Americans more than two hundred years ago, black cohosh is best known for its hormone-balancing trait, as reported in many scientific journals. It contains estrogen-like natural chemicals. The herb can therefore help boost the hormone when you're in menopausal decline.

Black cohosh has also been credited with helping digestive issues, promoting nutrient absorption, and ensuring regular waste removal. This means you may have less constipation, bloating, and gas buildup.

**CHASTEBERRY.** This herb is one of the most important medicinal plant agents for women's health. Many scientific papers have been published on chasteberry, confirming that it has anti-inflammatory, antioxidant, anti-diabetic, anti-cancer, and antimicrobial properties.



## CONSIDER TAKING THE HOTTIE DAILY DOSE MONTHLY PACK IF YOU:•

- Need relief from menopausal symptoms, including hot flashes
- Want to balance your hormones, especially estrogen (this supplement helps detoxify and balance estrogens)
- Promote cardiovascular health
- Ease PMS and menopause symptoms
- Want to support breast and bone health.
- Have problems with insulin resistance
- Need overall nutritional support to prevent vitamin and mineral deficiencies, as well to boost your intake of antioxidants

### HOW TO USE IT:

Take two capsules daily, as directed by your healthcare professional.



### TESTIMONIALS

*“Thank you. Thank you. No more sticking my head in the freezer.  
I am relieved (and so is my husband)”*

– TRACY H.

[CLICK HERE TO LEARN MORE.](#)

# Zenful



**Z**enful is another supplement I love specifically for easing hot flashes – one of the most distressing symptoms that women experience during perimenopause and menopause. According to the American College of Obstetricians and Gynecologists (ACOG), as many as 75 percent of middle-aged women experience hot flashes and sweating. Hot flashes can be rapid, uncomfortable and are prone to leave you sopping wet with sweat.

Zenful delivers key B vitamins known to ease hot flashes in several different ways:

**VITAMIN B6.** This nutrient is involved in the production of serotonin. As a neurotransmitter, serotonin can directly influence a number of psychological and bodily functions including sexual desire, mood, sleep, and temperature regulation (which affects the intensity of hot flashes).

**FOLATE.** This B vitamin has a mechanism similar to hormone replacement therapy (HRT). It interacts with the neurotransmitters, norepinephrine and serotonin – an interaction that helps to reduce the duration, frequency, and severity of hot flashes.

**B12.** Here's a B vitamin that is essential for a process called methylation, which transforms toxins into safer substances in the body. It also helps reduce high levels of homocysteine in the body, which can result in estrogen levels being thrown out of balance, which in turn could make women more vulnerable to hot flashes. Vitamin B6 and folate are also involved in methylation.

The methylators in Zenful collaborate with a targeted blend of ingredients to encourage hormone balance, help modify xenobiotic activity, and restore tranquility. These nutrients include black cohosh, DIM, calcium D-glucarate, and 8-prenylnaringenin (from hops extract) which promote estrogen detoxification; and rosemary, resveratrol, grape seed extract, and green tea extract to provide antioxidant activity.

## CONSIDER TAKING ZENFUL IF YOU NEED TO:

- Ease the severity of hot flashes or night sweats
- Support the balance of your hormonal cycle
- Ease common symptoms associated with PMS and menopause
- Promote estrogen detoxification
- Boost antioxidant activity and cellular support

## HOW TO USE IT:

Take two capsules twice daily, or as directed by your healthcare practitioner.



## TESTIMONIALS

*“I will not be without Zenful. I get nervous if my bottle is getting low & my new one hasn’t arrived yet. This is the only thing I found that stopped my hot flashes. It has made such a difference in this menopause battle.”*

– TAMMI W.

*“I use this product every day to balance my hormones. I love the fact that I can have all these useful ingredients (DIM, chaste tree berry, B6, black cohosh ) in one pill. It provides me tranquility all day!”*

– ALI B.

*“This product has changed my life. Before using it, I was getting debilitating cramps at the beginning of my period that would last a couple of days and migraines a couple days before that. After starting this, in combination with the Balance cream, my period cramps have been very mild and the migraines have subsided as well.”*

– JENNIFER K.

[CLICK HERE TO LEARN MORE.](#)



## CHAPTER 4

### Sleep – Fall Asleep and Stay Asleep

**Poor sleep quality is one of the most significant issues I routinely hear about from my clients, my Girlfriend Doctor community and even my peers.**

I get it! I too have suffered from insomnia and poor sleep quality off and on throughout my life, initially as a grad student, then as a young doctor with an incredibly challenging schedule (getting only a few hours of sleep each night).

Pregnancy, momhood, menopause, caregiving and career then presented their own sleep challenges. It took a long time for me to develop the practices that still serve me well today in getting a good night's sleep.

**Poor sleep isn't just a menopause issue, although menopause can definitely worsen disturbed sleep when hot flashes, night sweats, and vaginal dryness symptoms kick in.** Sleep disturbances can happen throughout a woman's life.

We definitely need a good night's sleep. It is one of the foundations of a healthy lifestyle – right up there with proper nutrition and regular exercise. A good night's sleep on a consistent basis will help you age well, keep your immune system strong, decrease your disease risk, support brain health, and most importantly it will make you feel vibrant and happy!

Quality sleep also supports improved hunger control and insulin management, helping you maintain a healthier weight.

Optimizing your sleep is important and the fantastic news is that you can improve the quality of your sleep, naturally and effectively.

The more I encountered sleep complaints from women, the more determined I became to help the problem nutritionally – primarily with supplements so that women would not have to resort to prescription sleep drugs. I just knew there had to be a better way to get a good night's rest and to feel well rested and rejuvenated on waking, feeling like myself again. To help myself and other women, I developed several effective supplements you can use along with proper sleep hygiene and healthy nightly sleep rituals.



# Balance



One of my favorite sleep aids is bioidentical progesterone, which you can obtain from my product, Balance. This true “dream cream” consists of natural progesterone and pregnenolone which works to balance your hormones and mood. You should notice an immediate improvement in your sleep and may find yourself dreaming for the first time in a long time – a sign of truly restorative sleep.

## CONSIDER USING BALANCE IF YOU WANT TO:

- Use a natural progesterone, identical to what your body produces
- Restore quality sleep
- Balance your hormones
- Boost your mood
- Help strengthen your bones
- Aids your body’s response to stress
- Promote anti-aging

## HOW TO USE IT:

Massage 1 pump into soft skin areas, including your face, neck, inner arms, or lower abdomen. Are you cycling? Use days 12 to 28 of your cycle. Post-menopausal? Use for 25 consecutive days a month



## TESTIMONIALS

*This product does seem to really improve my mood.*

- HELEN M.

*Works well! I’m now sleeping through the night! Love this product!*

-ELIZABETH S.

*Life Balancing! I feel calmer and yet have more energy since I started using this product.*

-LUANN S.

[CLICK HERE TO LEARN MORE.](#)

# Nite-Zzz's Caps



Send in Mr. Sandman much faster at night with this blend of sleep-promoting nutrients that enhance relaxation and support peaceful sleep. While you rest, powerful adaptogens balance your hormones and potent antioxidants repair age-related damage.

This formula solves three major sleep challenges

- Trouble falling asleep
- Staying asleep
- Waking up too early

The adaptogenic maca root in this supplement assists with balancing cortisol levels – a factor that helps keep you asleep. You thus wake up more refreshed and energetic. Antioxidants like vitamin C, quercetin and anti-inflammatories like turmeric root, tart cherry, and cinnamon bark also produce a blissful, restorative sleep. Two other natural sleep aids – magnesium and hops extract which deliver extra snooze power.

## CONSIDER TAKING NITE ZZZ'S CAPS IF YOU WANT TO:

- Relax your body and calm your mind for more restful sleep
- Relieve hot flashes and night sweats
- Boost your daytime mood and energy levels
- Support healthy insulin sensitivity (primarily due to the cinnamon bark)
- Repair “wear and tear” in aging cells

## HOW TO USE IT:

Take 1 or 2 capsules in the evening as directed by your healthcare practitioner.

## TESTIMONIALS

*“Finally, a product that works and isn’t leaving me tired during the day, plus, relief finally from hot flashes. I have tried many supplements, and this is a life saver! Thank you, thank you, thank you!”*

– SUSAN T.

*“I have been trying multiple products to help me stay asleep for the night. Nite Zzz Caps fits the bill! This product works very well for me. I can finally feel like I am getting a good night’s sleep. If I do wake up, I am able to fall back to sleep rather quickly. I definitely recommend this product.”*

*- GAIL K.*

*“I had been suffering from terrible insomnia caused by perimenopause. I tried several different things over a period of a few months, but nothing really worked until I started taking the Nite Zzz Caps. Although my sleep is still sometimes disrupted due to hormone fluctuations, I no longer suffer from insomnia. I can get back to sleep quickly.”*

*- HOLLY H.*

**CLICK [HERE](#) TO LEARN MORE.**

# Better Brain & Sleep



This supplement is a delicious magnesium-based powder that you can mix with water or sparkling water (for a champagne-like treat!). Magnesium is one of the most important minerals for long-term health and one that is often lacking in the diet.

I formulated this supplement with chelated magnesium plus Magtein™ (magnesium L-threonate), the only form of magnesium proven in animal studies to cross the blood-brain barrier. Boosting the brain's magnesium level is vital to healthy cognition, which includes long- and short-term memory, learning, stress management, and sleep.

Magnesium is a powerful natural sleep aid. A review study published in 2022 suggested that magnesium can improve sleep quality by preventing falling asleep in the daytime, sleepiness, snoring, and increasing sleep duration. Much of the reason for this is that magnesium helps regulate melatonin — the hormone that regulates your body's sleep-wake cycles.

Dietary sources of magnesium include many foods allowed on my Keto-Green eating plans: dark green leaves, beans, fish, nuts, and seeds. Supplemental magnesium to improve sleep, however, is a good move.

## CONSIDER TAKING BETTER BRAIN & SLEEP IF YOU WANT TO:

- Support healthy brain magnesium levels
- Help your sleep-related neurotransmitters work optimally
- Enhance your cognitive health, from thinking to problem-solving to memory
- Improve stress management, sleep quality, and mood
- Prevent a magnesium deficiency

### HOW TO TAKE IT:

Dissolve one level scoop in 4 oz. water or adjust the amount of water or sparkling water to desired sweetness. First week: one serving per day immediately before dinner or one hour before bedtime. Thereafter: one serving during the day







## TESTIMONIALS

*“Magnesium is so important and I love how Dr Anna explained that this blend passes through blood/brain barrier! It is a super tasty treat to have twice a day as I don’t have much sugar in my life this is a sweet treat that makes me feel good about myself for taking care of my body too.”*

– ERIN G.

*“I have had trouble sleeping through the night for years. I could always fall asleep ok but would wake up at 3 am without fail and have trouble falling back to sleep. Since I found Dr. Anna’s books and have been following her advice and buying her products (namely this one) I am actually sleeping through the night until my alarm wakes me up in the morning. It is wonderful and it changes my whole day because I have had a restful night’s sleep.”*

– JOY K.

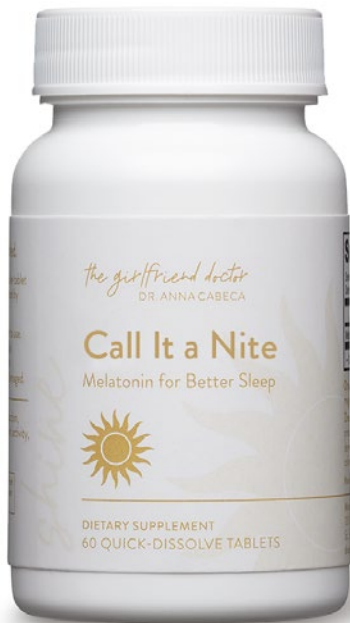
*“Better Brain and Sleep has been a game changer! I have “Restless Leg Syndrome” and some anxiety at bedtime and my symptoms are so much better now. I fall asleep faster and feel calm. I highly recommend this product!”*

– SHELLEY W.

[CLICK HERE TO LEARN MORE.](#)

# Call It a Nite

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I formulated this supplement to supply an important sleep hormone – melatonin. It is released by your pineal gland, a tiny gland in your brain and in response to changes in light exposure. Melatonin helps control your sleep/wake cycles (your circadian rhythm). Adequate levels of melatonin are necessary to fall asleep quickly and sleep deeply through the night. Human research studies suggest that melatonin supports the quality of healthy sleep as it relates to falling asleep, sleep efficiency (percent of time asleep to total time in bed), and awakening. Melatonin not only helps maintain healthy sleep patterns but also as antioxidant and immune activities.

## CONSIDER TAKING CALL IT A NITE IF YOU NEED TO:

- Get a better night's sleep
- Support healthy sleep patterns
- Provide your body with additional antioxidant defenses
- Boost immune activity
- Enhance your cardiovascular health

### HOW TO TAKE IT:

Take one quick-dissolve tablet 15 to 60 minutes before bedtime as directed by your healthcare practitioner.





## TESTIMONIALS

*“I take one of these and the Brain/sleep powder, (Better Brain and Sleep) and I have the best sleep ever. My stressful job and being post menopause- and I feel like a million bucks.”*

– ANNE MARIE M.

*“I used to buy the melatonin gummies from the store but no more! Call It A Night knocks me right out!”*

– FAITH C.

*“I was having some trouble sleeping for unknown reasons. Finally decided to try melatonin and since I trust Dr. Anna and her products opted to try this one. I don’t take them every night, but I find when I do need it, they do help me get a deeper, more restful sleep.”*

– LAURA S.

[CLICK HERE TO LEARN MORE.](#)

# Sleep Products Chart

PRODUCTS	Better Brain & Sleep	Call it a Nite	Balance	Nite-Zzz Caps
INGREDIENTS	Magnesium L-Threonate, Albion Chelated Magnesium	Melatonin	Progesterone, Pregnenolone, Essential Oils and Tripeptide	Maca, Broccoli, Magnesium Malate, Tart Cherry, Hops, Kudzu, Turmeric, Cat's Claw, Quercetin and Cinnamon
HOW WE USE IT	Dissolve one level scoop in 4 oz water or adjust amount of water to desired sweetness. One serving during the day, preferably midafternoon, and a second serving before bedtime; or use as directed by your healthcare practitioner	Take one quick-dissolve tablet 15 to 60 minutes before bedtime; or use as directed by your healthcare practitioner.	Massage 1 pump into soft skin areas including the face, neck, chest, inner-arms and lower abdomen. Cycling? Use on days 12-28. Post-menopausal? Use 25 days consecutively each month	Take 1 or 2 capsules in the evening; or use as directed by your healthcare practitioner
WHAT IS IT?	Berry-flavored magnesium elixir powder that you mix with water.	Mint-flavored melatonin tablet, chewable or dissolveable.	Cosmetic cream in an easy to use pump bottle.	Capsules to be taken at night.
HELPS YOU GET TO SLEEP FASTER	±	✓	✓	✓
IMPROVES DEEP (REM) SLEEP	✓	✓	✓	✓
WAKE FEELING RESTED	✓	✓	✓	✓
DECREASES NIGHT TIME WAKEFULNESS	±	✓	±	✓
SUPPORTS BRAIN FUNCTION	✓	✓	✓	✓
DECREASES NIGHT SWEATS AND HOT FLASHES	✓	✗	✓	✓
HELPS REDUCE INFLAMMATION	✓	✓	✓	✓
SUPPORTS HORMONE BALANCE	✓	✓	✓	✓
HELPS REDUCE BELLY FAT	±	±	±	✓
SUPPORTS BLOOD SUGAR BALANCE	✓	✗	✗	✓
ADAPTOGENIC	✗	✗	✗	✓

± POSSIBLY    ✓ YES    ✗ NO





## CHAPTER 5

# Improve and Restore Your Gut Health

The balance of healthy bacteria within your gut plays a vital part in your health, not just for digestion, but also for boosting immunity, preventing inflammation, and regulating your mood. This may seem surprising, but imbalance in your gut “microbiome,” which houses 100 trillion bacteria belonging to up to 1000 different species, has now been linked to conditions as diverse as irritable bowel syndrome, ulcerative colitis, inflammatory arthritis, and depression.

The job of these bacteria is to metabolize nutrients, make vitamins, and detoxify harmful substances that make their way from the environment into your body. A healthy gut also promotes healthy estrogen metabolism. Unhealthy, unfriendly gut bacteria, on the other hand, are even believed to contribute to weight gain and type 2 diabetes because of their effect on immune cells in the gut wall.

The best way to maintain a healthy gut microbiome is to follow my Keto-Green nutrition plan, manage your stress levels, avoid gluten and possibly dairy, and chew your food until it dissolves in your mouth.

You’ll also want to take a daily probiotic to replenish good gut bacteria on a regular basis, along with other supplements I recommend for gut health.

# Gut Thrive



**G**ut Thrive is a vegetarian, dairy- and gluten-free, four-strain probiotic totaling 30 billion CFU per capsule. Probiotics in general are friendly bacteria in supplement form that empower a healthy gastrointestinal tract. Healthwise, probiotics benefit you by curbing the growth of harmful gut bacteria, promoting good digestion, boosting immune function, and increasing your resistance to infection.

Probiotics are equally powerful for healthy hormonal detoxification and even our moods. Sadly though, these beneficial bugs are under constant assault from our environment, making it crucial to supplement with them as well as eat fermented foods like yogurt and sauerkraut (which are high in probiotics).

Gut Thrive provides four researched strains of beneficial bacteria, including the extensively studied HN019® strain of Bifidobacterium lactis. These live microorganisms have proven health benefits and well-established safety profiles

## HERE IS A SUMMARY OF THEIR SPECIFIC BENEFITS, BASED ON EXTENSIVE SCIENTIFIC RESEARCH:

### BIFIDOBACTERIUM LACTIS:

- Survives well in the acid environment of the stomach and gut
- Boosts immunity, thereby increasing resistance to illness and infection
- Is effective against constipation
- Helps reduce blood sugar
- Survives well in the acid environment of the stomach and gut
- Helps reduce depression in people who suffer from irritable bowel syndrome (IBS)
- Binds with carcinogens to usher them from the body and help prevent colon cancer
- Reduces DNA damage that can trigger the development of malignant cells

### LACTOBACILLUS ACIDOPHILUS:

- Survives well in the acid environment of the stomach and gut
- Boosts immunity
- Colonizes well in the intestine, but also in the urethra, colon, and vagina (where it inhibits vaginal infections and boosts vaginal and bladder health)
- Reduces cholesterol
- Controls urinary tract infections
- Eases acne
- Reduces DNA damage that can trigger the development of malignant cells

### LACTOBACILLUS PLANTARUM:

- Survives well in the intestines
- Fights common germs
- Boosts the immune system

### BIFIDOBACTERIUM LONGUM:

- Survives well in the acid environment of the stomach and gut
- Helps resolve gastrointestinal upset
- Treats antibiotic-associated diarrhea
- Fights common germs
- Eases seasonal allergies
- May help with weight control and maintenance
- Supports bone health
- Helps prevent colon cancer
- Helps lower cholesterol Cholesterol-lowering
- Assists in treating depression

To further support resistance to low pH and the delivery of microorganisms to the small intestines, Gut Thrive employs DRcaps™ gastro-resistant capsules. These specially designed, innovative capsules help slow exposure of actives to stomach acid and ensure more targeted release.

### CONSIDER TAKING GUT THRIVE IF YOU WANT TO:

- Treat any of the conditions listed above
- Maintain a healthy gut microbiome
- Support your body's natural immune response
- Maintain bowel regularity
- Support lactose digestion

#### HOW TO TAKE IT:

Take one capsule with water daily, prior to bedtime, or as directed by your healthcare practitioner. If you have been diagnosed with Small Intestine Bacterial Overgrowth (SIBO) you must correct this condition prior to supplementing with probiotics.





## TESTIMONIALS

*“I have been in search of a good probiotic. I’m currently expecting my 2nd child and was struggling with constant yeast infections (like 9 weeks straight!). With my first pregnancy, I had a continuous yeast infection from month 3-delivery of the baby (doctor even used anti-fungal but it only gave relief for a bit over a week after dose was used up). All that to say, I can TRULY attest that “Gut Thrive” is making a notable difference in my body. I’ve been on it for a month now and have had NO yeast infections! It’s wonderful to feel like a normal human while pregnant!! I am thankful for a quality (shelf stable) product that works, I’m going to continue to purchase and take it!! I love how I feel.”*

- HANNAH T.

*“I’ve tried many brands of probiotics before but this is my favorite. It doesn’t need refrigeration which makes it easier. And I felt so much better after taking it for a month. On my 5th month now! Highly recommend this for gut health.”*

- LEA S.

*“This is a quality probiotic! I have had gut issues for years and have tried a lot of pro/prebiotics but this one WORKS! Love it. Has totally taken away bloating and helps me to be more regular without giving me loose stools. Thanks for this amazing product! I keep it on autoship along with the Mighty Maca Plus and Better brain & Sleep.”*

- JENNIFER F.

[CLICK HERE TO LEARN MORE.](#)



# Keto-Green® Enzymes



At times your food may not be digested fully as it passes through the digestive tract, in which case the nutrients in food are not sufficiently liberated. One main reason for this is a decline in our naturally occurring digestive enzymes as we age.

Normally these enzymes break down food so we can soak up nutrients. When our natural enzyme production falls off however, we might experience occasional gas, bloating, or indigestion. Supplementation with digestive enzymes can be an effective solution. They help prevent these symptoms, regulate the bowels, and speed detoxification.

Digestive enzymes are formulated with many different types of enzymes. Some of the most common are plant-sourced enzymes like bromelain (from pineapple) and papain (from papaya). They provide proteolytic enzymes that break down proteins. Bromelain and papain also help soothe chronic inflammation in the body. Both are part of the Keto-Green Enzymes formulations.

Other enzymes in this supplement include protease, which digests gluten and casein (a protein in dairy foods); lipase, essential for digesting fat; amylase, which breaks down starches; alpha-galactosidase, which helps break down complex carbohydrates; hemicellulase, for breaking down cellulose, a fiber in the cells of plant walls; lactase, to help digest milk sugar (lactose); and other key digestive enzymes.

## CONSIDER TAKING KETO-GREEN ENZYMES IF YOU:

- Suffer from gas, bloating, or indigestion following meals
- Experience gas and bloating caused by eating beans and cruciferous vegetables (like broccoli and cabbage).
- Have problems with acid reflux
- Are mildly intolerant to lactose
- Have constipation or diarrhea on a frequent basis
- Want to support the healthy digestion of macronutrients and better nutrient absorption

## HOW TO TAKE IT:

Digestive formulas can be very useful to take every day with food, usually as an after-meal supplement to encourage the completion of the digestive process. One study reported that people who took enzyme supplements containing lipase, protease, and amylase before and after a fatty meal had fewer digestive problems like gas, bloating, and uncomfortable fullness than the control group.

With Keto-Green Enzymes, take one to two capsules daily, or use as directed by your healthcare practitioner. If necessary, capsules may be opened and contents sprinkled over food.



## TESTIMONIALS

*“I love Keto-Green Enzymes! I have tried a lot of different digestive enzymes because I have a very slow digestion normally, and I take these enzymes every evening after dinner. I definitely notice a difference if I forget and don’t take them.”*

– JAIME G.

*“I have added the Keto-Green Enzymes to my Keto diet after dinner, as Dr Anna’s protocol advises, and along with adding the Mighty Maca Plus in the mornings the weight is coming off! It is great to know just when and how to take supplements for maximum benefit, and I greatly appreciate the expert knowledge she passes along. These easy tweaks are making all the difference!”*

– JANIS B.

*“I know the benefits of good enzymes.....but they’re hard to find. I’ve tried several brands and haven’t noticed a difference. Theses I do! Especially when I eat broccoli, cauliflower, and Brussel sprouts! I’m not gassy!”*

– LISA D.

**CLICK [HERE](#) TO LEARN MORE.**

# Keto-Green® Detox

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Another product to consider for detoxification and gut health is my Keto-Green® Detox. It is formulated to support phase I and phase II detoxification. A little background on these phases:

In this phase 1, a group of 50 to 100 specialized enzymes neutralize toxins to prepare them for phase II – in three different ways. One way is to change the molecular structure of the toxin so that it can be dissolved in water. Second is that toxin is broken into two or more less toxic or harmless chemicals. Or third, the toxin is changed into a completely different molecule so that enzymes in the body can detoxify it more easily.

Once one of these occur, the toxin goes into phase II. Seven different major biochemical reactions occur in this phase, involving glutathione, amino acids, methylation (a process in which chemicals are added to proteins, DNA, and other molecules to support your body), and other reactions.

Afterwards, the final product is flushed out of the body in either the urine or the bile, another product of the liver. Bile leaves the body as part of solid waste. Isn't it amazing how the human body is designed to maintain optimal functioning?

And naturally we can support that process with nutrition and supplementation. Keto-Green® Detox is designed to do just that. It contains various phytonutrients like ellagic acid from pomegranates that induces phase II detoxification; silymarin and artichoke leaf, both of which enhance the liver's detoxifying power; alpha-lipoic acid, a potent antioxidant that helps detoxify the liver and assist other antioxidants during detoxification; catechins, which activate detoxification enzymes that inhibit tumor growth, and promote cancer cell destruction; and other liver-detoxifying substances like methylsulfonylmethane (MSM), N-acetyl-L-cysteine (NAC), and calcium D-glucarate.

## CONSIDER TAKING KETO-GREEN DETOX IF YOU NEED TO:

- Improve the health of your digestive system and liver
- Decrease inflammation
- Enhance immunity
- Reduce pain
- Slow aging

## HOW TO USE IT:

Take two capsules daily, or as directed by your healthcare practitioner. Keto-Green Detox is designed to be part of a comprehensive detoxification protocol that includes adequate high-quality protein, carbohydrates, fats, and fiber. The resulting combination provides micronutrients to support the active phases of detoxification and antioxidants to enhance immunity and lower inflammation.



## TESTIMONIALS

*“This is my go-to to cleanse my body after eating out at restaurants and so forth when traveling.”*

– TERESA S.

*“This product is an amazing detox product with high quality ingredients. It does not cause any GI discomfort like others do. I would recommend this product for anyone looking to detox!”*

– TH

*“This is a great product. I take it with my daily supplements and it gives me a feeling of a fresh start and energizes me to start moving throughout the day. It keeps things on a regular basis if you know what I mean.”*

– KAREN F.

[CLICK HERE TO LEARN MORE.](#)



# Keto-Alkaline Protein Shake

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I'm frequently asked to describe the difference between my Keto-Green Protein Shake and my Keto-Alkaline Protein Shake. The main difference is that the Keto-Alkaline Protein Shake is not formulated with nut or seed proteins. Nut allergies are among the most common food allergies, and they include reactions to almonds, walnuts, pecans, and other nuts known as “tree nuts.” Many people are allergic to peanuts. However, peanuts are not a nut; they are a legume.

As for seeds, they come from plant families that are not closely related to nut-producing trees. That means they may not have the same allergenic proteins that tree nuts have. But seed allergies do occur. It's also possible to be allergic to both nuts and seeds. As with other allergies, people can have serious reactions to both. This shake does contain flax seed, however; but allergies to flaxseed are rare and uncommon.

The Keto-Alkaline Protein Shake is also sugar-free and sweetened with monk-fruit extract without the bitter aftertaste associated with some natural sweeteners.

The shake's protein source is my proprietary blend of pea and rice proteins. Also contributing to the protein content are the amino acids glutamine, glycine, and taurine. Generation of glutathione and sulfation cofactors—vital for phase II conjugation—requires an array of amino acids.

Glutamine, a conditionally essential and versatile amino acid, is crucial for phase II detoxification in the liver, in which the liver attaches another molecule to the “intermediate toxin” to render it less harmful. (This is in contrast to phase I detoxification, which involves converting toxins into more active forms and sending them into phase 2 detoxification.) These processes help protect us from the daily attacks by enemy offenders in the environment such as toxins and pollution.

Glutamine is also necessary for healthy immune function and general antioxidant defenses against free radicals. It protects the integrity of your gut lining, too, so that you're less likely to develop “leaky gut,” when the gut becomes so permeable that substances and nutrients actually seep out. The body then mounts an inflammatory response that can progress to chronic inflammation.

We need the amino acid glycine for bile synthesis, phase II detoxification, and glutathione production. Taurine, a derivative of the amino acid cysteine, is also important for synthesis of bile salts and helps stabilize cell membranes to protect them from toxins.

## ALSO IN THE KETO-ALKALINE PROTEIN SHAKE:

**GINGER ROOT.** This supports healthy digestion by reducing inflammation, helping to release bile from the gallbladder, and soothing the stomach.

**PLANT FIBER (FROM INULIN AND FLAXSEEDS).** This fiber is “prebiotic,” meaning that it feeds the healthy bacteria in your gut. It also helps detoxify your body and supports antioxidant activity.

**OTHER DIGESTIVE SUPPORT INGREDIENTS.** These include key B vitamins, which are involved in detoxifying harmful estrogens we can absorb from the environment; watercress, also involved in detoxification, green tea for its potent antioxidant activity; DNA-protecting ellagic acid (from pomegranate extract); vitamins and minerals in highly absorbable forms; detoxifying and anti-inflammatory herbs such as turmeric; among other health-supportive nutrients.

#### CONSIDER TAKING KETO-ALKALINE PROTEIN SHAKE IF YOU:

- Suffer from any gastrointestinal discomfort and want to improve your digestive health
- Are a vegan or vegetarian and need a protein shake to help meet your protein requirements
- May be allergic to tree nuts or seeds
- Have been diagnosed through a C-reactive protein test (a relatively reliable way to measure inflammation) that your body may be inflamed.

#### HOW TO USE IT:

Blend, shake, or briskly stir 2 level scoops into 10-12 ounces chilled, pure water (or mix amount for desired thickness) and consume once daily, or use as directed by your healthcare professional. This shake can be used as a meal replacement.



#### TESTIMONIALS

*“I love this protein shake for helping me when I’m rushed to head out or I’m very hungry & need something fast. It’s delicious, and I add spinach and maybe a few berries to get extra nutrients and alkalinity.”*

– EILLENE J.

*“This product helps with satiety, night sweats, and this paired with her Menopause book, I am learning my body all over again.”*

– NIKI S.

*“I highly recommend this shake mix. I’ve been using it for periodic detox cleanses over the past 12 years. It has helped me maintain a healthy weight, and I love the flavor.”*

– EMILY S.

**[CLICK HERE TO LEARN MORE.](#)**



## CHAPTER 6

### Beauty, Inside and Out

All my life, I've been incredibly blessed with long, thick hair. Then it happened: Dark hairs on my pillow. My shower drain plugged with clumps of hair. My hair falling out in handfuls. The shine and volume was gone.

**I was depressed. Was I going bald?**

The reason for the demise of my crowning glory? Early menopause brought on by premature ovarian failure, extreme stress and PTSD.

**I get questions from so many women about skin problems and hair loss, and I can relate totally to their concerns.** Our outward appearance has enormous power over our psyche because they are the areas we pamper in order to make ourselves feel pretty. Taking care of our appearance enhances our beauty, affects how we view ourselves, and lets us make statements about our individuality.

**Lots of changes occur on the exterior of our beautiful bodies as we get older – hair issues, skin problems, wrinkles in various places, and so forth. So if any of these changes are happening to you, you are not alone, and there are solutions.**

# Julva® Kiss



If your lips have turned more chapped and dry since you shifted into menopause, there's a hormonal reason. Estrogen helps keep your skin soft and supple because it's involved in the production of collagen – the protein that supports skin and soft tissues. So when estrogen falls during menopause, your skin becomes drier and thinner. Lips are skin too, so they become drier as well.

One of my newest products – Kiss – can help rescue dry lips. It features the same formula used in my original Julva, only reimagined for the lips – plant stem cells, DHEA, and silky natural moisturizers such as beeswax and cocoa butter. I added peppermint to brighten your lips and exert a cooling effect. These rejuvenating ingredients encourage cell turnover, visibly reduce fine lines, and plumps your kiss.

## CONSIDER APPLYING JULVA KISS IF YOU WANT TO:

- Soften and moisturize your lips
- Plump your lips
- Visibly reduce fine lines on your lips
- Use a natural non-irritating balm on your lips
- Keep a convenient lip moisturizer handy – you can carry it your purse and use it whenever your lips feel dry or flaky

## HOW TO USE IT:

Apply a pea-sized amount (.5 ml) to your lips once a day. Note: Julva Kiss is not intended for women who are pregnant, or breast-feeding.

## TESTIMONIALS

*“Love, love, love this product! Goes on beautifully and moisturizes without sticky feel or a greasy feel. It’s like no other lip product I’ve tried and the applicator is perfect and easy to use and find in your purse. I highly recommend it. Will purchase again...thank you!”*

– SUSAN T.

*“It feels like it exfoliates and keeps my lips moist and glossy all at once.”*

– JACKIE G.

*“I really like the balm consistency because I use it at night and use my lip gloss during the day. I keep it right next to my toothpaste so I don’t forget to use it. I’ve been using it consistently for 4 months now and actually see a more natural volume in my upper lip. I have a 20 minute nightly routine and this is always my last step before getting into bed.”*

– ELAINE T.

[CLICK HERE TO LEARN MORE.](#)



# Beauty Locks



Get to the root of hormonal hair challenges with this rejuvenating and reparative hair masque. I call it a “superfood smoothie” for your hair because it revives dull, dry, brittle hair with dozens of hair-nourishing nutrients. The soft, shiny, bouncy hair of your youth is now possible at any age!

One of the “secret” ingredients in Beauty Locks is sea buckthorn oil. It is a rich source of the relatively rare omega-7 fatty acids, known to be powerful moisturizers for hair.

Sea buckthorn oil comes from a flowering shrub grown in Europe and Asia. It has long been used as folk medicine for tissue-regeneration, skin-grafts, burns, wounds, and ulcers. Today, it is included in various cosmetics for its benefits in skin smoothening, rejuvenation, removal of wrinkles, scars, and pigmentation, and also in hair related problems.

## CONSIDER USING BEAUTY LOCKS IF YOU WANT TO:

- Soften your hair, boost shine, and decrease frizz
- Strengthen hair strands against splitting and breaking
- Protect your hair from heat, styling products, and dyes
- Nourish your scalp and revitalize hair follicles
- Promote the appearance of fuller, thicker hair

## HOW TO USE IT:

For best results, use Beauty Locks 2 to 3 times weekly as an overnight masque. Massage a dollop of cream into dry or wet hair, wrap in a towel or turban, and sleep overnight. Shampoo as usual the next morning.

For a quick treatment, apply to your hair 20 minutes prior to shampooing. Depending on your hair type or texture, Beauty Locks can also be used as leave-in conditioner applied prior to styling. With all methods, Beauty Locks should be massaged into your hair from roots to ends. It can be used in place of other conditioners and can be used on all hair types.





## TESTIMONIALS

*“I have been suffering with postpartum hair loss and started using Beauty Locks. In just 4 months, my hair growth is unbelievable!”*

– J. G.

*“Beauty Locks is a fantastic product. I use it every day on my dry, curly hair. Just a little bit all over, conditions and tames any frizz but doesn’t weigh it down at all. I can tell that my hair is getting stronger and shinier too. This is my fourth week using this wonderful product and I highly recommend it!”*

– CATHERINE T.

*“I just finished my first tube of Beauty Locks and the change in my dry, frizzy menopausal hair has been amazing. With each use, my hair is softer and looks so much healthier.”*

– CINDY C.

[CLICK HERE TO LEARN MORE.](#)

# Bright & Beautiful

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**B**right & Beautiful is a specially-formulated blend that works on natural repair for healthy skin, hair, and eyes. It promotes healthy production of the skin's oils to support overall skin health and cellular repair. It also helps relieve dry eyes,

The reason it works is due to several key ingredients

**PANTOTHENIC ACID.** This B-vitamin plays a significant role in maintaining keratinocytes, the predominant cell type in the skin's epidermis (outermost layer). Research shows that when pantothenic acid is depleted, the production of keratinocytes is suppressed. This vitamin also helps regulate lipid metabolism, and may affect the balance of oils in the skin.

**CARNITINE.** This potent anti-inflammatory and immune-supportive nutrient helps pantothenic acid work more efficiently in lipid metabolism. It is found in cells throughout the body and is necessary for cellular repair.

**CHROMIUM AND OTHER SPECIAL B VITAMINS.** Chromium, biotin, vitamin B6 and other B vitamins help maintain healthy blood sugar levels. Occasional unstable blood sugar and insulin levels influence hormonal processes that may contribute to bouts of non-cystic acne, so maintaining proper blood sugar levels may help maintain healthier skin. Additionally, biotin is well-regarded for supporting healthy skin, hair and nails.

**VITAMINS A, D AND E.** I included these in the formulation for their broad-reaching influence on skin health, the immune system, and healthy functioning of cells throughout the multiple layers of skin tissue.

Vitamin A is a powerful antioxidant that's also essential for the maintenance of skin and mucous membranes. Vitamin D is needed for proper balance with vitamin A, and it plays important roles in the immune system. (Various skin conditions may result from altered immune function.) Additionally, the sebaceous glands that secrete oils from the skin are sensitive to vitamin D, and this nutrient may help promote the breakup of comedones (clogged pores leading to pimples).

Vitamin E is an antioxidant. It supports a healthy inflammatory response and is richly concentrated in sebum, an oily substance the body produces to moisturize skin and hair, which helps give these a lustrous, healthy appearance.

**KEY MINERALS.** These are zinc, copper, and selenium. The outer layer of skin contains high levels of zinc and various dermatological conditions are associated with suboptimal zinc levels. Copper is involved in the maturation of collagen, the primary structural protein in skin. It is responsible for much of the skin's integrity and appearance. Selenium is needed for recycling of glutathione, one of the body's most important antioxidants and a key compound for detoxification processes.

## CONSIDER TAKING BRIGHT & BEAUTIFUL IF YOU WANT TO:

- Improve your hair, skin, nails and eyes
- Have lush and shiny hair
- Decrease hair loss
- Improve collagen production
- Have clear skin
- Strengthen your nails

### HOW TO TAKE IT:

As a dietary supplement, take six capsules per day with meals or as directed by your health care practitioner.



## TESTIMONIALS

*“I believe my skin, eyes and hair are looking healthier since I have been using this product. I can’t wait to see what it does long term. I know my skin is not nearly as dry as it once was.”*

– LYNN B.

*“So far I am loving the product. Seems to be helping my dry eyes, hair regrowth and shine, and bringing back the color in my skin.”*

– BERNICE W.

*“I felt that I was losing a lot of hair, so I bought this product. I feel like my hair loss has slowed down since taking it.”*

– CORINNE M.

[CLICK HERE TO LEARN MORE.](#)





## CHAPTER 7

### Men's Health and Andropause

Natural hormone decline doesn't just happen to us – it happens to the men in our lives too! It's called “male menopause” or andropause, and it's real. As men age and transition through this stage of life, they will experience hormone changes, especially dips in testosterone and often increases in estrogen, that can impact their muscle, bone, brain, insulin resistance, cardiovascular health...their zest for life and so much more.

#### SOME OF THE MAJOR SYMPTOMS INCLUDE:

- Increase in abdominal fat
- Brain fog and fatigue
- Night sweats
- Mood swings
- Increased risk of insulin resistance
- Osteopenia/osteoporosis
- Decreased muscle mass
- Erectile dysfunction

## What's a Man to Do Besides Take Viagra?

The first step is to make healthy lifestyle changes such as diet, exercise (high intensity/burst training and strength training are best), stress management, getting enough sleep, environmental toxin avoidance (minimize endocrine disruptors, stop using plastics around your food!) and healthy living (not smoking, drinking caffeine and alcohol in moderation).

Also important: Lose body fat! I recommend my Keto-Green Diet for this; it works just as well for men as it does for women.

And of course – supplement.

Here are the supplements I recommend:

## Man of Steel

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This is a comprehensive, vitamin supplement that adds tools to your man's toolbox in supporting his energy and improving his performance in-and-out of the bedroom., Man of Steel supports cardiovascular, cognitive and sexual function, blood pressure, and energy level. It's a combination of the highest quality supplements including COQ10, omega fats, testosterone boosting vitamins and minerals, Arginine alpha-ketoglutarate (a natural immune booster), and zinc.

[CLICK HERE TO LEARN MORE.](#)

## Ray of Strength

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This is formulated with vitamin D2 and vitamin K2. Adequate levels of vitamin D help lower sex hormone binding globulin (SHBG), which binds to the testosterone (so it is free to stimulate testosterone receptors and activate testosterone activity).

In the presence of inadequate levels of vitamin K, can increase the risk of calcium deposition in arteries and soft tissue and have a very negative effect on artery elasticity. Studies have shown that men with lower levels of vitamin D (which many men are deficient in!) had lower levels of testosterone and higher levels of SHBG.

[CLICK HERE TO LEARN MORE.](#)

# Mighty Maca Plus

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When stress starts to become chronic the body goes into “fight or flight” mode, so testosterone production may lower. Mighty Maca Plus is an adaptogen that helps nourish the adrenals glands for better stress management.

Maca is also a legitimate natural treatment for erectile dysfunction (ED). This condition affects 1 in 10 men in the United States, according to the Cleveland Clinic, and is considered an important public health problem by the National Institutes of Health.

In a clinical trial involving 50 men affected by mild ED, treatment with Maca dry extract, 2400 mg, compared to a placebo had a significant effect on improving sexual performance and well-being.

A 2010 study, found evidence that taking maca improved sexual desire after at least 6 weeks. Men with ED showed significant improvements in the condition.

[CLICK HERE TO LEARN MORE.](#)

# Balance

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Men may do well with 5-10 mg of this topical progesterone cream at bedtime, but a little goes a long way...so again, use only with your doctor’s supervision.

[CLICK HERE TO LEARN MORE.](#)

## TESTIMONIALS

*I cannot thank Dr Anna enough for telling me how perfect this would be for my husband. His doctor wanted to put him on so many meds to perform again in the bedroom and Dr Anna told me these supplements would do the trick and she was so very right. His libido is back and we are intimate again.*

*Awesome vitamins and high quality ingredients!*





## CHAPTER 8

# Your Daily Supplement Routine

Many vitamins and nutrients are necessary for a healthy life, but you may not be getting enough of them. Deciding whether or not you need nutritional supplements is difficult enough, and given the various choices, choosing the right supplement can make your decision even more confusing. The steps below will guide you on the various supplements you may need and whether certain ones are right for you.

### Step #1: Begin with Foundational Supplements

Start with supplements listed as “Must Have.” These form the foundation of your supplement program – and may be all you need.

Mighty Maca Plus

Keto-Green Plant-Based Protein Shake

Omega Goodness or SuperWoman Daily Packs

### Step #2: Zero in on Your Top Health Concerns

Understand your needs – and your budget. You don’t need every single supplement. Plus, everyone is different. Medical conditions differ from person to person, and so do the requirements for nutritional supplements based on your symptoms and health goals.

Think about the top 3 or 5 symptoms you’re dealing with, and or/what you’d like to improve. Then choose the supplements that best fit your needs. For example:

#### WHAT DO I DO FOR HOT FLASHES?

Menopause Kit (Julva, Balance, Menopause Supplement)

Mighty Maca Plus

Keto-Green Protein Shake

Hottie Daily Dose Monthly Pack

Zenful

### WHAT CAN HELP BOOST MY ENERGY?

Mighty Maca Plus  
Superwoman Daily Packs

### WHAT CAN I DO FOR A LOW SEX DRIVE?

Julva  
Balance  
Mighty Maca Plus

### IS THERE SOMETHING I CAN USE FOR VAGINAL DRYNESS?

Julva  
Hottie Daily Dose Monthly Pack  
Balance  
Omega Goodness  
Gut Thrive

### WHAT CAN I DO FOR LEAKY BLADDER?

Julva  
Pelvic Floor Exercises

### WHAT SUPPLEMENTS CAN HELP WITH WEIGHT LOSS?

Mighty Maca Plus  
Keto-Alkaline Protein Shake  
Keto-Green Detox  
Keto-Green Enzymes  
Ray of Strength  
Keto-Green Protein Shake  
Omega Goodness

### HOW CAN I STOP HAIR LOSS?

Bright & Beautiful  
Beauty Locks

### WHAT CAN I TAKE FOR BRAIN HEALTH AND MEMORY?

Mighty Maca Plus  
Immune Champion  
Omega Goodness

Better Brain & Sleep  
Balance

### WHAT CAN I USE TO IMPROVE MY SLEEP?

Balance  
Nite-Zzzs Caps  
Better Brain & Sleep  
Call It a Night

### CAN I BOOST MY MOOD NATURALLY?

Mighty Maca Plus  
Keto-Green Protein Shake  
Immune Champion  
Omega Goodness  
Balance  
Better Brain & Sleep

### HOW CAN I IMPROVE MY GUT HEALTH?

Keto-Green Protein Shake  
Gut Thrive  
Keto-Green Enzymes  
Keto-Green Detox  
Keto-Alkaline Protein Shake

### HOW CAN I SUPPORT MY IMMUNE FUNCTION?

Mighty Maca Plus  
Superwoman Daily Packs  
Immune champion  
Ray of Strength  
AmaZinc  
Keto-Green Detox

### WHICH SUPPLEMENTS ARE IMPORTANT IN PERIMENOPAUSE?

Mighty Maca Plus  
Keto-Green Protein Shake  
Hottie Daily Dose Monthly Pack  
Zenful  
Julva  
Balance

## WHICH SUPPLEMENTS ARE IMPORTANT IN POST-MENOPAUSE?

Mighty Maca Plus  
Menopause Kit (Mighty Maca Menopause Support, Julva, Balance)  
Keto-Green Protein Shake

## WHAT SHOULD I CONSIDER FOR OVERALL HEALTH AND LONGEVITY?

Mighty Maca Plus  
Keto-Green Protein Shake  
Superwoman Daily Packs  
Balance  
Julva

## Step #3: Time Your Supplements

Although strategically timing your supplements isn't something you should stress over, there are specific times of the day that may give you better results. For example, taking my sleep-promoting supplements prior to bedtime can help you sleep better. Additionally, some supplements such as vitamin D3 and K2 need fat and other nutrients to be absorbed by the body, and thus are more effective when taken with food. Follow these guidelines for timing your supplements:

### MORNING ROUTINE

Keto-Green Protein Shake or Keto-Alkaline Shake (when used as part of a breakfast smoothie)  
Mighty Maca Plus  
Zenful  
Immune Champion  
Omega Goodness  
AmaZinc  
Keto-Green Detox  
Julva

### MEALTIME

Keto-Green Enzymes – take with meals or afterward  
Superwoman Daily Packs (1 packet if this is part of your supplement routine)  
Hottie Daily Dose Monthly Pack

### PRE- OR POST-WORKOUT

Keto-Green Protein Shake or Keto-Alkaline Shake

### EVENING ROUTINE

Superwoman Daily Packs (packet if this is part of your supplement routine)  
Julva  
Balance  
Better Brain & Sleep  
Call It a Nite  
Niter ZZZs Caps  
Gut Thrive (can be taken morning or evening)  
Ray of Strength

## Step #4: Keep Track

Monitor improvements and keep notes about them in a journal to assess whether your symptoms are improving, or if you should stick with that particular supplement or supplements. If not, there may be another supplement you should try that also helps with the same symptom. You can take my [Hormone Symptom Quiz](#) as often as you like and I recommend taking it monthly as you get started and keep track of your numbers.

Remember that your body is a complex organism that needs protection to keep it strong and well. Hormonal changes, stress, a poor diet, environmental pollution, and illness can affect how your body functions and fights off disease. Nutritional supplements are an effective way of combating these issues, easing the symptoms of perimenopause, menopause, and postmenopause, and decreasing the likelihood of chronic diseases, such as cardiovascular disease, cancer, and diabetes.

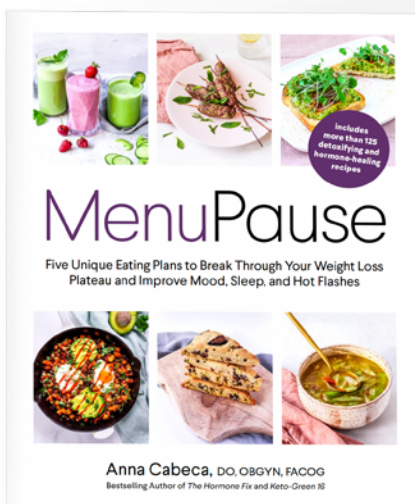
By supplementing your diet, you can make great strides in improving your health – and become the best you can be at any age. Your journey to sexiness and vibrant health begins today!



# ADDITIONAL RESOURCES

## Books & Programs

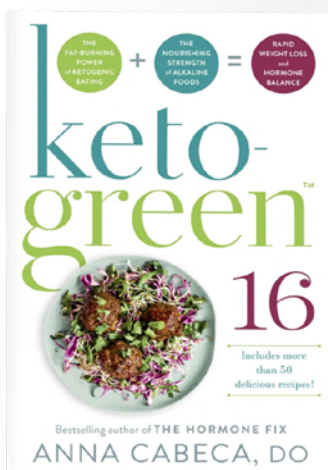
## Books



### MENUPAUSE

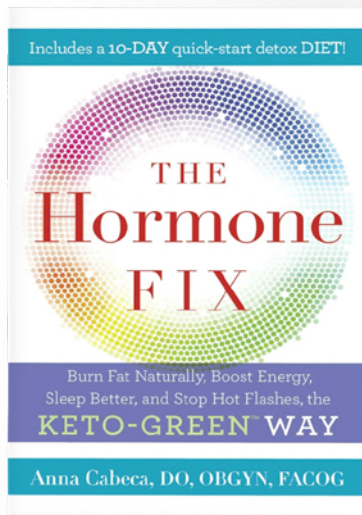
This combined book and cookbook features five unique and nourishing eating plans to help you get unstuck from weight loss plateaus, hot flashes, night sweats and so much more. Put a pause on unhelpful ingredients and get the key to feeling incredible at every stage of life. You'll learn:

- Essentials of the hormone-food connection
- 3-day gut healing method
- 5 symptom-based approaches
- 6-day meal plans
- 125+ fantastic recipes
- Shopping lists
- Success strategies
- Menopause wisdom from around the world



### KETO-GREEN 16

Here's my innovative 16-day plan that combines the fat-burning benefits of a ketogenic diet with the brain-clearing and keto-flu protection of alkaline food.



## THE HORMONE FIX

Enjoy this ultimate guide for women approaching or in menopause, a revolutionary diet and holistic lifestyle program for easier weight loss, better sleep, diminished hot flashes, a clearer head, and a rejuvenated sex drive.

Includes my story, quizzes, lab test recommendations and my 10 day keto-green detox plan & more; seriously I want everywoman to read this book (or listen to the audio). I poured my heart into it to help you!

[CLICK HERE TO LEARN MORE.](#)

## Programs

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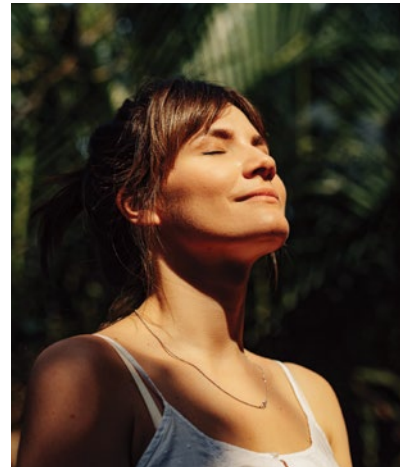
### BREEZE THRU MENOPAUSE

If you're looking for a quick reset... start here. This quick FREE Masterclass can help you take back control of your body, lose that extra weight, and recover your love life. You'll get all the recipes, meal plans, videos, and support you need to succeed!



### SEXUAL CPR

If you're ready to learn the SECRETS to reigniting your sex drive, experiencing more deep, soul-satisfying sexual pleasure, and reconnecting with your partner -- so you can experience true intimacy -- then do NOT miss out on this opportunity to learn from one of the most accomplished and knowledgeable women's sexual health physicians in the country!



### MAGIC MENOPAUSE

Experience my signature #1 online menopause program. If you've had it "up to here" with menopause... the uncontrollable bloating, swelling, and weight gain, the sleepless, sweaty nights, the annoying brain fog and bad moods, and if you're ready to enjoy life again...

[CLICK HERE TO LEARN MORE.](#)



Do you have questions you'd only ask your best girlfriend? Do you need someone you can trust for credible information and ongoing support as you work to improve your health and hormones?

If so, welcome to The Girlfriend Doctor Club. I created it to help women like you thrive physically, emotionally, sexually, and even spiritually as you go through the natural and inevitable life shift of menopause.

A private membership that gives you direct access to me, my team, and all of the resources I've created to help you build a solid foundation for whole health. When you join, you'll be invited to our LIVE club chats—twice a month live Zoom calls where I answer the community's questions. This is our place to get candid and in-depth on the topics that matter most to you, like menopause, balancing your hormones, sex & intimacy, and immunity.

You can even volunteer for the hot seat and get my input on your questions and challenges. As you know, there's no such thing as TMI... so go ahead and ask me anything!

Plus, you'll become part of a joyful community of women at all stages of this journey who are sharing their experiences and supporting each other as we walk together toward transformation. I can't wait for you to join us!

*I love being your girlfriend doctor and I am here to help!*

*-Xx. Dr. Anna*

LEARN MORE AT [DRANNA.COM/CLUB](https://dranna.com/club)





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