

Includes a 10-DAY quick-start detox DIET!



THE  
Hormone  
FIX

Burn Fat Naturally, Boost Energy,  
Sleep Better, and Stop Hot Flashes, the  
**KETO-GREEN™ WAY**

Anna Cabeca, DO, OBGYN, FACOG



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No book can replace the diagnostic expertise and medical advice of a trusted physician. Please be certain to consult with your doctor before making any decisions that affect your health, particularly if you suffer from any medical condition or have any symptom that may require treatment.

*The Hormone Fix* is a work of nonfiction. Some names and identifying details have been changed.

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*I dedicate my book to my children.  
I love you all so much and am so grateful for you.  
You've given me laughter, life, and reason for being.*

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## Introduction

Being a gynecologist and obstetrician for over two decades has given me the true honor and pleasure of taking care of generations of women at different stages of their lives, from their early teens through pregnancies, menopause, and well after. Wherever you are on that continuum, let's imagine it's you in my office. We're discussing your health and hormones and how you are honestly feeling. I close the door, and we sit down to talk after your annual Pap smear and physical exam. It's a vulnerable moment, I know. You've probably grappled with weight gain—maybe a little or a lot. Perhaps you've felt very forgetful, anxious, or moodier than before. Maybe you've started having hot flashes that go off like silent bombs inside you, or night sweats that make you want to sleep with the covers off, then on, then off again.

And what's your sex drive like? Is it fizzling out? Do you tire easily? Can't sleep a whole night, or wake up still tired? On top of everything else, do you no longer enjoy yourself or feel like your life isn't at all what it should be?

You might tell me about other symptoms. Perhaps you've been gaining weight, and you don't know why. Your relationships are fragmenting, along with your confidence. Thoughts may be swirling through your mind like: "Will I ever feel better? Am I just going downhill from here? Am I just going crazy? Or maybe there is something very wrong with me! Is it early Alzheimer's? Do I have cancer—thyroid, breast, ovarian? Is there something in my labs or my exam? Do I need a surgeon? Psychiatrist? Divorce attorney?"

Whoa, now!

I've sat with thousands of women in your situation, and I have communicated with many more thousands through my online interactive programs, including the two most popular, Magic Menopause and Sexual CPR, so I know that moment when you're ready to do anything. You want things fixed—now! But you may also have lost hope that it is still even possible. Take a deep breath. It is possible, it's not going to take a lot of time, and you're not alone. I assure you, you are a powerful woman, and you can turn things around fast.

I understand what's happening to you. You're struggling with the physical, mental, and emotional indignities of hormonal fluctuations and an ensuing "metabolic stall." The result: weight gain, hot flashes, night sweats, fatigue, insomnia, memory loss, hair loss, brain fog, irritability, diminished libido, discomfort during sex, pain, and more. Your body is winding down its reproductive machinery, and you feel like you're losing control—and losing your mind.

Too many women are resigned to accepting these changes, living unhappily with them, and muddling through for years to come. Many others will agree to be unnecessarily medicated for their symptoms. They're told this is normal or it's the best it's going to get. I know this because I often meet women after they have tried everything else and have gotten fed up with their medical care—yet still haven't given up hope.

And I also know what you're going through because I've been in this terrible place—twice!

My first experience with these hormonal changes occurred long before I approached menopause, and was triggered by a personal tragedy—my eighteen-month-old son died in a terrible and senseless accident. My insurmountable stress, deep grief, and subsequent depression thrust me into premature menopause and ovarian failure. My hormones were a mess. I was eighty pounds overweight. I couldn't lose a pound no matter how hard I tried. I started to lose my hair in clumps. My joints ached. At the time, I was the mother of three (two daughters and one stepdaughter), and I very much wanted another child. But because of my tragedy-induced premature hormonal changes, I was told by experts I could never get pregnant again and that I would have to live this way forever. I was devastated.

Mine was a health crisis that traditional medicine could not solve. I



couldn't even solve it, despite being an Emory University-trained, board-certified ob-gyn and expert in functional medicine, plus a consultant in age management medicine. Dismissed by fellow doctors, I was informed that I would just have to live with infertility, weight gain, depression, fatigue, and hair loss. The only solution I was offered was antidepressants and sleeping pills. I felt shattered.

But I would not let myself stay broken.

I refused their options because I had seen my mother struggle under the weight of many medications, and I had to live for my daughters and search out solutions for myself. Survival alone was not enough. Eventually, by using an early version of the diet and lifestyle program I will share in this book, I lost those eighty pounds and went on to compete in a sprint triathlon (which is quite a personal accomplishment, because I hate to run!). My hormones leveled. My depression lifted, and I became someone who felt great all the time. Joyously, at age forty-one, I conceived a healthy baby girl. What traditional medicine said could not be done was done.

The second time happened in my late forties, more or less when most women expect to start transitioning away from monthly periods and into menopause. But just because it was expected didn't mean it was easy! My hormones mounted another attack on me. Weight gain that crept to five pounds, ten pounds, then twenty pounds. More fatigue. Emotional volatility. Stress that made me feel like jumper cables were attached to my heart.

I didn't take this lying down. I went looking for answers and help. Unfortunately, I was again met with a "Well, this is normal" attitude and an ill-equipped medical system that could not, and would not, help. Can you relate? We're expected to tolerate and power through these disturbing changes, medicate them, or grin and bear them, right? No!

I knew what I had done previously to lose weight, fix my hormones, and overcome complete metabolic stall. I began to tinker with those same solutions again. It took me a lot of trial and error before I figured out the best way to reclaim my body, mind, and soul once again. I changed the way I ate. I changed lifestyle habits that were standing in my way. I tapped into my inner power and felt more contented and spiritually at peace.

Ultimately, I got myself back in tune. I was able to keep the creeping weight off, felt much more even-keeled—and really, like a younger version of myself. And that happy experience has inspired me to help other women, especially those struggling through hormonal chaos with nowhere to turn.

The book you are holding in your hands—*The Hormone Fix*—contains gems I learned through tragic personal experience, the day-to-day work of caring for more than ten thousand women in my medical clinic, and the coaching of a hundred thousand more online. Expressly for women (though the men in your life can follow it too), at its heart this is a breakthrough nutritional and lifestyle plan based on hard science, real people, and methods I use myself. It is so effective that you can lose up to a pound a day—without cravings, hunger, fatigue, or any of the side effects of other diets you may have tried. This unique program, along with supporting information on every single page, has the power to help you stay slim and sexy, feel more energetic, revive your libido, look and feel younger—and transform your life in ways you can't even yet imagine. It is the hope you've been looking for. I feel blessed to bring it to you now.

## Not Your Average Doctor

As I hinted above, I did not create *The Hormone Fix* overnight and simply start putting patients on it. No, it took more than ten years of clinical work with real patients, exhaustive research and refinement, and most of all, personal experience and my own hormone hell.

But in many ways this program started with the needs of members of my own family. My mother had diabetes and heart disease. At one point, she was taking eleven prescription drugs and was in and out of the hospital. None of this saved her. She died at age sixty-seven after a heart valve replacement surgery. I was only thirty-one, in my residency at Emory University, and a new mom myself when she died. I was heartbroken, of course, and never accepted that her death had to be. I knew that there must be holistic answers to the malicious riddles of life-threatening diseases like hers. Finding them is what mattered to me then *and* now.

Also, my dad also had diabetes. When doctors counted him out at age seventy-nine, saying he had led a “good life,” I was incensed—and so was he. I helped him change his diet, added supplements and hormones, and took him off three prescription medicines. He went on to live another twelve good years.

Then there was my daughter Amanda—a smart, active, and articulate child, but a child who could not sit still. I wanted to help her, but I didn’t want to do it with medication. I figured there must be a connection between what she was eating and how she behaved. I did an enormous amount of research into natural remedies; after all, this was my daughter. Based on what I learned, I decided she needed to have no more sugar, gluten, or caffeine-containing beverages. I reasoned that a change in diet, along with bioavailable B vitamins, fish oil, and other supplements would help Amanda become a healthy, active (not hyperactive) six-year-old. And they did.

Next came my own miracle of reversing premature menopause and becoming pregnant against the odds, as I’ve already described. Empowered by these personal experiences, I became fiercely determined to practice medicine more integratively with all my patients. I wanted to give them tools and information so that they could make informed decisions about their health and reclaim their natural ability to heal their own bodies. Often we are too quick to give our power over to pills or doctors, when our bodies have the ability to self-heal, given the right conditions and resources.

Hungrier for more knowledge on how to help people heal, I became a “professional student,” attending conferences on integrative topics ranging from functional medicine to anti-aging and then applying this knowledge and clinical skills in my practice and fine-tuning it. I figured that if I could learn something that improved even one patient, it was worth my time. My greatest reward has been empowering women limited by their health to begin to enjoy life again. Ever since, I’ve been on a mission to assist as many women as I can to restore their health and begin leading long, healthy, loving, and fulfilling lives. It was too late to help my mom, but I could help others.

Whatever specific reason or symptom brought you to this book, I want you to thrive and become your most healthy, energetic, sexy, femi-

nine, and vital self. We have so much to live for in these next wonderful stages of life—which is why we must take our health and power back and turn to lifestyle changes that will not only ease our discomfort and unhappiness but empower us to live out our best life with fun, love, and connection.

Now at age fifty-two, with a ten-year-old as well as three grown daughters, I want to live to be part of their children's lives, and to torment my kids well into my old age! I do not want to follow the path of my mom, suffering for years and then dying without ever having really known her grandkids and, worse, them not knowing her. Too many good women and men have gone down a path of unnecessary suffering, and I intend to put a stop to it. Enough is enough! You are powerful; you can do this.

## Putting It All Together

*The Hormone Fix* features my short-term Keto-Green Quick Start Detox and my longer-term program, the Keto-Green Diet. Both help you improve your symptoms, diminish and even completely eliminate hot flashes, lose extra weight, get a clear mind, have glowing skin and hair, become connected, and, as a bonus, fully rejuvenate your life. Its associated lifestyle strategies will help lower your blood pressure, cholesterol, blood sugar, and weight in ways that standard medical care is just not able to accomplish. This is a program that saves lives.

With this in mind, here are some specifics you'll discover:

- How to lose up to a pound a day with my 10-Day Keto-Green Quick Start Detox. It is both hormone-fixing and fat-burning. Fair warning: the plan is a little stringent, but you will be eating delicious foods and experiencing energy that won't quit. You'll feel great while on it. The Quick Start is also an invaluable tool, not just something you'll do once. You can and should use it as a detox and cleanse periodically throughout the year for improved hormonal health. Go on it once a month, or at the start of each

new season. Go back to the Quick Start if your weight starts creeping up or if you need to slim down quickly for a special occasion. The Quick Start is a plan you can enjoy anytime, for any reason.

- How to continue your success with my 21-Day Keto-Green Diet—an eating guide that can be used forever (and for which I’ve given you three weeks’ worth of options and ideas). It provides tasty, filling options for meals that help balance your hormones naturally—and thus reduce or eliminate hot flashes, cravings, depression and anxiety, low sex drive, premature aging, thinning hair, aches and pain, and other symptoms that may be wrecking your life and self-esteem.
- Why this plan works for a wide range of life stages—perimenopause, menopause, and postmenopause—and even for the men in your life who may be facing their own weight, blood sugar, and hormonal issues.
- How to identify the underlying causes of your symptoms, track your progress over time, completely reverse what has been sabotaging your efforts, and take back your life.
- Why you will dramatically improve your memory, focus, and motivation by restoring brain-nurturing chemicals to more youthful levels. When you go Keto-Green, you’ll experience energized enlightenment and feel mentally and spiritually alive.
- Which revitalizing lifestyle strategies help fix your hormones. It isn’t all about diet. Hydration becomes crucial. So does sleeping well, exercising, enjoying healthy relationships, managing stress, and living with peace and purpose.

With *The Hormone Fix*, you will be well on your way to slimming down, feeling more energized, and enjoying clearer thinking. I can see you smiling now. You’re getting it. No more powering through nagging symptoms of fluctuating hormones. No more feeling tyrannized by stress.

Believe me, I know how overwhelming life can feel sometimes. But don’t give up on yourself. You are about to tap into unexpected energy

levels and enhanced intimacy. In short, you'll be creating the very best you! I truly believe every woman deserves and can achieve a vibrantly healthy life filled with love and happiness. And that means you!

Menopause is not a disease that needs some kind of cure; it is a natural transition to be approached as a new type of freedom and personal power. This is a beautiful, important time in your life—a time to look forward, chart a new course, and enjoy what can be the most exciting decades of your life. You are about to journey in a new direction, toward health, happiness, and wholeness, and I'll be with you every step of the way.

Sound good? Then let's begin.



PART ONE



# Hormonal Harmony

## Chapter 2

### Where Are You Now? Test, Don't Guess!

You are beginning a beautiful, healing journey—all at a time when your hormones are fluctuating wildly. You know your destination: to have optimal health and longevity, be in shape, get back in the swing of sexual desire, energize yourself, and be free of hot flashes, night sweats, bad moods, brain fog, and other symptoms. In short, you want to feel better fast! So before we dive into my program, I want you to take a little time to find out where you are right now—in terms of your hormones, health, and emotions.

Toward that end, you'll take a series of eye-opening self-tests that:

- Decipher your levels of key hormones
- Identify symptoms that help point to the underlying causes of illness
- Assess your sexual and pelvic health
- Check how positive you are about yourself, your life, and your future
- Measure your waist and hip circumference
- Measure ketones and pH of your urine

These tests provide valuable information that even expensive blood tests can't tell you. My patients and the women in my online Magic



Menopause program love to test and retest themselves. The reason is that they see quantifiable progress. A typical example is Joanie. She was in great health until her second son was born. From there, she was spiraled downhill with all sorts of hormonal imbalances and resulting symptoms. Joanie took my Medical Symptom Toxicity Questionnaire (one of the self-tests below) and scored 82. Unlike the tests you took in school, a high score is bad. The lower your score, the better! A score of 82 indicated that she had a lot of negative health issues going on in her body. But after one month of following my program, she retested and scored 32—a remarkable change. What she saw on paper mirrored how she felt. Joanie told me, “I feel like I have my healthy body back for the first time in twenty years.”

My hope is that you will feel encouraged and inspired by using these tracking tools and seeing your own numbers go down. Having your own unique baseline information is important so you can see your changes over time. You may be amazed at your starting scores! But you'll be so excited to see your progress. Taking time to assess yourself will make sure you aren't overlooking anything—plus it helps you fine-tune and manage your progress as you implement healthy changes. I always say: *What is measured gets managed.*

You'll notice that I have reprinted the following checklist and tests in the back of the book so that you can more easily tear them out and really use them. In addition to testing at the onset of the program, I recommend that you test again after one month and after two months. (See [dranna.com/resources](http://dranna.com/resources).)

## Hormonal Review of Symptoms Checklist

This is a helpful checklist that shows you what is likely happening to your key hormone levels, based on a variety of symptoms. It helps you see the linkages among all sorts of hormones.

Look at each symptom, listed in the far-left column. Then rate each symptom on a scale from 0 to 3 (0 = no symptoms; 1 = mild; 2 = moderate; 3 = severe). Record your rating in the far-right column under Symptom Score.

Compare your Symptom Score with what is going on with your hormones. For example, let's say you rated your hot flashes as a 3 (severe). Checking the Hormonal Relationship column, you see that your estrogen levels may be going up or down ( $\uparrow \downarrow E$ ); your progesterone levels are declining ( $\downarrow P$ ); and your testosterone levels are declining too ( $\downarrow T$ ).

This scoring system is not quite as accurate as any blood test—but you don't have to pay for it. I'm not saying blood tests aren't valuable; they are, and they have their place, especially for fine-tuning hormonal balance. Just the same, this test gives you an accurate snapshot of where you are right now. Retake it after a month and after two months, and you will be surprised and delighted to see improvements not only in black and white, but also in how you look and feel.

Date \_\_\_\_\_

SYMPTOM	HORMONE RELATIONSHIP	SYMPTOM SCORE
Anxiety	$\uparrow E \downarrow P \downarrow T \uparrow C \downarrow TH$	
Arthritis	$\downarrow T \downarrow P$	
Bladder symptoms	$\downarrow E \downarrow T$	
Breakthrough bleeding	$\downarrow P$	
Breast tenderness	$\uparrow E \downarrow P$	
Constipation	$\downarrow TH$	
Cramps or painful periods	$\downarrow P \uparrow PG$	
Decreased enjoyment of life	$\uparrow E \downarrow P \downarrow T$	
Decreased strength or endurance	$\downarrow T \downarrow TH$	
Decreased sex drive	$\uparrow \downarrow E \downarrow P \downarrow T \uparrow \downarrow C \downarrow TH$	
Decreased ability to play sports	$\downarrow T \downarrow TH$	
Decreased work performance	$\downarrow E \downarrow T \downarrow P \downarrow TH$	
Depression	$\uparrow \downarrow P \uparrow C \downarrow E \uparrow \downarrow T \downarrow TH$	
Dry skin/hair	$\downarrow E \downarrow TH$	
Fatigue	$\uparrow P \downarrow TH \downarrow T \uparrow \downarrow C \uparrow \downarrow E$	
Fibrocystic breasts	$\uparrow E \downarrow P$	
Fluid retention	$\uparrow E \downarrow P$	

Harder to reach climax	↓T ↓E ↓P	
Hair loss	↑T ↑↓TH ↑↓E ↑↓P ↑C	
Headaches	↑↓E ↑↓P ↓T ↑C ↓TH	
Heavy/irregular menses	↑E ↓P	
Hot flashes	↑↓E ↓P ↓T	
Irritability	↑E ↑↓P ↑T ↓C	
Loss of memory	↑↓E ↑↓P ↓T ↑C ↓TH	
Loose stools	↑C ↑TH	
Night sweats	↑↓C ↓E	
Mood swings	↑E ↓P	
Sleep disturbance	↑↓T ↓P ↓E ↑C	
Stomach pain	↑↓C	
Vaginal dryness	↓E ↓T	
Weakness, muscular	↓T ↓P	
Weight gain	↑E ↓P ↓TH	
Weight loss	↑C ↑TH	

Key: E = estrogen / P = progesterone / T = testosterone / C = cortisol / TH = thyroid

Record your total points: \_\_\_\_\_

## Medical Symptom Toxicity Questionnaire

This assessment identifies symptoms that help point to the underlying causes of possible illness.

Using the point scale below, rate each of the following symptoms based on your symptoms over the last thirty days. For each symptom category, total your points.

Finally, add up the totals from each category to come up with your grand total.

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### POINT SCALE

0 = Never or almost never have the symptom

1 = Occasionally have it; the effect is not severe

2 = Occasionally have it; the effect is severe (it interferes with my life)

3 = Frequently have it; the effect is not severe

4 = Frequently have it; the effect is severe

Date \_\_\_\_\_

<b>DIGESTIVE TRACT</b>	<b>HEAD</b>	<b>MOUTH/THROAT</b>
Nausea or vomiting	Headaches	Chronic coughing
Diarrhea	Faintness	Gagging, need to clear throat
Constipation	Dizziness	Sore throat, hoarseness, loss of voice
Bloated feeling	Insomnia	Swollen/discolored tongue, gums, lips
Belching or passing gas	Total: ____	Canker sores
Heartburn		Total: ____
Intestinal/stomach pain		
Total: ____		
<b>EARS</b>	<b>HEART</b>	<b>NOSE</b>
Itchy ears	Irregular or skipped heartbeat	Stuffy nose
Earaches, ear infections	Rapid or pounding heartbeat	Sinus problems
Drainage from ear	Chest pain	Hay fever
ringing in ears, hearing loss	Total: ____	Sneezing attacks
Total: ____		Excessive mucus formation
		Total: ____
<b>EMOTIONS</b>	<b>JOINTS/MUSCLES</b>	<b>SKIN</b>
Mood swings	Pain or aches in joints	Acne
Anxiety, fear, or nervousness	Arthritis	Hives, rashes, or dry skin
Anger, irritability, or aggressiveness	Stiffness or limitation of movement	Hair loss
Depression	Pain or aches in muscles	Flushing or hot flashes
Total: ____	Feeling of weakness or tiredness	Excessive sweating
	Total: ____	Total: ____

<b>ENERGY/ACTIVITY</b>	<b>LUNGS</b>	<b>WEIGHT</b>
Fatigue, sluggishness	Chest congestion	Binge eating/drinking
Apathy, lethargy	Asthma, bronchitis	Craving certain foods
Hyperactivity	Shortness of breath	Excessive weight
Restlessness	Difficulty breathing	Compulsive eating
Total: ____	Total: ____	Water retention
		Underweight
		Total: ____
<b>EYES</b>	<b>MIND</b>	<b>OTHER</b>
Watery or itchy eyes	Poor memory	Frequent illness
Swollen, reddened, or sticky eyelids	Confusion, poor comprehension	Frequent or urgent urination
Bags or dark circles under eyes	Poor concentration	Genital itch or discharge
Blurred or tunnel vision (does not include near- or farsightedness)	Poor physical coordination	Total: ____
Total: ____	Difficulty in making decisions	
	Stuttering or stammering	
	Slurred speech	
	Learning disabilities	
	Total: ____	

### SCORING

<b>OPTIMAL</b>	<b>MILD TOXICITY</b>	<b>MODERATE TOXICITY</b>	<b>SEVERE TOXICITY</b>
< 10	10-50	50-100	> 100

## The Eve Questionnaire

Eve was the original woman in the Bible. By most accounts—and judging from Adam’s supposed fall from grace in her presence—she was seductive, confident, and sexual. I say, good for her! And therefore what better name to use for a questionnaire that aims to assess your sexual and pelvic health?

Once you know your starting number (from 0 to 70; lower is better), it's much easier to track your progress as you change your diet and implement lifestyle changes. Read through each question, and check off your response. (Many of the questions refer to symptoms with sex; if you're not sexually active, answer "never" or give your best guess.)

(Your response should reflect your sexual feelings and activity during the past ninety days.)

1. Do you lack energy?

- Never
- Some of the time
- Quite often
- Always

2. Do you find yourself making up excuses to avoid having sex?

- Never
- Some of the time
- Quite often
- Always

3. Do you find yourself sexually undesirable?

- Never
- Some of the time
- Quite often
- Always

4. Is the thought of sex distressing for you?

- Never
- Some of the time
- Quite often
- Always

5. Do you have discomfort during or after sex?

- Never
- Some of the time
- Quite often
- Always

6. Is vaginal or vulvar dryness troublesome?
- Never
  - Some of the time
  - Quite often
  - Always
7. Would you consider yourself frustrated about your sex life?
- Never
  - Some of the time
  - Quite often
  - Always
8. Do you find it very difficult to become aroused?
- Never
  - Some of the time
  - Quite often
  - Always
9. Do you lose urine when you cough or sneeze?
- Never
  - Some of the time
  - Quite often
  - Always
10. Do you use pads or panty liners due to urine leakage?
- Never
  - Some of the time
  - Quite often
  - Always

## SCORING

Review your answers. For every "Never," assign 0 points. For every "Some of the time," assign 3 points. For every "Quite often," assign 5 points. For every "Always," assign 7 points.

Record your total points: \_\_\_\_\_

## Interpretation

If you scored between 0 and 10, you are doing extremely well. Your desire is healthy and intact, with normal vaginal and orgasmic function. But if you scored closer to 15, you may be experiencing some symptoms that could worsen over time, unless you take steps to improve them.

If you scored between 15 and 30, you are having a few arousal, vaginal health, and orgasmic functioning issues that are standing in the way of vibrant sexual health and vitality. Making lifestyle changes now will begin to lower your score.

If you scored between 31 and 50, your decreased interest in and enjoyment of sex may be due to a number of factors—vaginal pain problems, arousal issues, or urinary problems, among others. But these are all reversible with the right lifestyle changes.

If you scored above 50, your reduced interest in sex, your ability to become aroused, vaginal pain, or other sexual health issues are interfering with the quality of your sex life and pelvic health. These problems, though discouraging, can be improved or completely resolved with proper lifestyle actions, consistently followed.

If you answered number 5 positively at all, that is, you experience discomfort before or after sex, please follow up with your gynecologist or other qualified health care provider right away. It is important to rule out any other pathology, such as cervical, uterine, and/or ovarian cancer. Any symptoms that don't improve with my recommendations in this book should be evaluated by your doctor.

## Positivity Self-Assessment Questionnaire

Although hot flashes grab most of the attention, mood swings are an equally common symptom not only among menopausal-age women but also among women in their thirties due to PMS and those in their forties as a result of perimenopause. Common complaints include irritability, depression, crying, anxiety, fatigue, sadness, tension, difficulty concentrating, and loss of interest in sex.



There's no need to despair, however—or to rely solely on antidepressants or tranquilizers, which are commonly too often prescribed. You can restore normal hormonal balance with natural methods you'll learn about throughout this book. When all your hormones are in sync, you're on your way to a happy, energized, and content life.

You'll notice that the questions below work with positive statements instead of negative inventories. This way, the questionnaire is not only diagnostic but also therapeutic: the more you say the statements to yourself silently or out loud, the better you feel about you.

Don't worry if you can't rate many (or any) of these statements with a high score (in this quiz, the higher the overall number, the better you are feeling). I had one client, Mandy, who was thirty-six at her first visit. She was struggling with moodiness, fatigue, and relationship issues. I gave her the Positivity Self-Assessment Questionnaire; she returned it with zeros all the way down! This showed me that she had a lot more than physiology to heal. And she did.

With this assessment, you can see how your moods respond to the natural approach in a quick and fun way. Record your feelings (as well as information about your menstrual flow and libido) at least weekly, according to the directions. You'll be surprised that in as soon as one month, you'll feel much better emotionally.

## SCORING

In the boxes below, rate your moods according to these scores.

0 = Not at all

1 = Minimal

2 = Some

3 = Extremely



## Your Waist and Hip Measurements

One of the best indicators of your overall health is decidedly low-tech: putting a cloth measuring tape around your waist and hips to come up with your waist-to-hip ratio. It says a lot about your health. If you carry more weight around your middle than your hips, you may be at a higher risk of developing certain health conditions, including heart disease.

Prior to beginning my program, find your waist-to-hip ratio and record it and the date:

- Stand and place a tape measure around your bare middle, crossing your navel.
- Make sure the tape is horizontal and snug around your waist, but without compressing or digging into your skin.
- Breathe normally.
- Read the tape. Your waist measurement will be at the place on the tape where the zero end meets the slack end of the tape measure.
- For your hip measurement, stand with your feet together and place a tape measure around the widest part of your buttocks.
- Double-check. Repeat the measurements to make sure they are accurate. If different from the first time, measure a third time and take the average of the three numbers.

To calculate your waist-to-hip ratio, divide your waist measurement by your hip measurement ( $W \div H$ ). For example, if you have a 27-inch waist measurement and a 38-inch hip measurement, your waist-to-hip ratio is .71. For women, a ratio of .80 or less is considered to be healthy or safe. (For men, a ratio of .90 is ideal.)

Just as your weight can fluctuate during the day, so can waist and hip measurements. For the most accurate comparisons, take your measurements at the same time each time. Repeat these measurements weekly or monthly.

## Urine Testing

It is essential to make sure that your diet and lifestyle produce an alkaline effect on your body, and that you're in ketosis. Although it's not required, I highly recommend that you test your urine daily. You can do this through separate pH strips and ketone strips, available at your pharmacy. Or you can obtain dual-purpose (ketone and pH test strips) on my website at [dranna.com/resources](http://dranna.com/resources). Unlike blood tests, you can do a urine test at home and without the pain of a pinprick.

Test your urine first thing in the morning, and periodically throughout the day (especially to check pH).

To use the dual-purpose strips:

- As you urinate, pass the test end of the strip through your urine in midstream, or collect your urine in a clean, dry container or paper cup and dip the test strip in it.
- Blot excess drops of urine off the strip.
- Lay the strip flat on toilet paper or other absorbent paper.
- The test strip will change color to indicate whether or not ketones are being produced, and to show if your body is in an acidic or alkaline state.
- After 40 seconds, match to the ketone color chart.
- After 60 seconds match to the pH color chart.
- Record your results on your Daily Tracker (see below).

Your urine pH goal should be in the 7 range in the morning. Don't worry if this takes you a while to achieve. Testing is a process of discovery. Some people will have lower pH to start with. That's okay as long as you are measuring it at the onset of this program; this is your baseline. You can track your pH from there in order to see what is happening over time and throughout the day. Patterns will emerge and show you how the food you eat and the way you live triggers changes in your pH.

The easiest way to monitor your progress to ketosis is through urine testing. A limitation of urine testing for ketones, however, is that urine tests measure the ketone acetoacetate, and less acetoacetate is spilled into the urine over time when we are consistently using fat for fuel or

are keto-adapted. (Typically, this condition takes several weeks to develop.)

People ask me about blood testing for ketones. Yes, you can also test your blood for ketones (beta hydroxybutyrate is the ketone measured in blood) using a meter like the one diabetics use, along with special strips. The disadvantage to this method, however, is that some people don't like pricking themselves with a lancet. Also, the test strips are considerably more expensive, usually \$2 to \$5 per test. This can add up if you are testing often to track changes in ketone levels. Given all this, in my opinion urine testing is the best way to start; then use blood or even breath ketone testing for fine-tuning if needed.

## Your Daily Tracker

The tracker I created below serves as a journal and accountability tool, where you'll record your feelings, weight, hours of sleep, ketones, pH, water intake, and other stats. It is important to keep track of these items, because they indicate your progress and help you stay the course. Don't worry about where you are starting, just think about where you are heading!

- Record your weight, waist measurement, and hip measurement at the beginning of each week.
- Start off each day by writing down what you are grateful for.
- Set your intentions for the day—in other words, what you want to accomplish, enjoy, experience, or improve in your life.
- Choose a “cheer word.” This is a word that when you say or think of it it brings a smile to your face. Maybe it is a word like “jiggle,” or the name of your child, love, or pet, or even the word “smile.” Say this word many times throughout the day to bring a smile to your face, instead of a “resting witch face.”
- Write down what or whom you have connected with this day.
- Write what oxytocin activity you did or plan to do. Did you laugh, play, share intimacy, or enjoy friendships, for example? These positive activities bring more oxytocin into our lives, which can be so fruitful.

- Next is a brief positivity self-assessment questionnaire, which I shared earlier. Where an item is marked with a double asterisk (\*\*), fill in the daily blanks with one of the following scores:

0 = Not at all

1 = Slightly

2 = More often

3 = Absolutely

For example, for “body love,” say “I love my body” and assess how that statement makes you feel. Hopefully you are answering with an “absolutely” and recording a 3. If you’re not yet, take heart—you will be soon.

Next are vital signs, because they will give you more clues as to how your body is responding to what you are doing.

- Recording your weight daily at the start is very helpful because if you note a sudden bump up, it may signal a food sensitivity, stressful day, or hormonal issue, all of which can. These provide more clues.
- Record your hours of sleep from the night before.
- Record your urine pH and ketones throughout the day.
- Record your water intake.
- Check if you added an alkalizer to your diet, like Mighty Maca Plus (MM), baking soda (B), or apple cider vinegar (ACV).
- Check if you’ve had that all-important bowel movement each day.
- List what physical activity you enjoyed.
- Note why today was great! Keep your focus on the positives.

See [dranna.com/resources](http://dranna.com/resources) for a helpful video that walks you through this tracker.

Where Are You Now? Test, Don't Guess! 33

Week Starting \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Waist \_\_\_\_\_ Hips \_\_\_\_\_

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Intentions							
Grateful for:							
Cheer word:							
Connected with:							
Oxytocin activity:							
**Joyful							
**Content							
**Energetic							
**Productive							
**Friendly							
**Focused							
**Body love							
Weight:							
Hours of sleep:							
pH:							
Ketones:							
Water intake:							
MM/B/ACV:							
Bowel movement:							
Physical activity today:							
Why today was great:							

## Laboratory Testing

You've probably done it lots of times in your life: rolled up your sleeve and given a sample of blood, or urinated in a cup at your doctor's office. A week or two later, you receive a lab report with a long list of measurements, ranges, and numbers. The whole process can seem a little confusing, but all that information helps your doctor paint a picture of your overall health. So your lab results are essentially a checkup on how your organs are operating, as well as an assessment of your risk for cardiovascular disease, diabetes, and other conditions. If you're basically healthy, you can probably have lab work done every two to three years. But if you have coronary artery disease, diabetes, or risk factors for them, you should probably have lab tests done more often.

My patients and participants in my online menopause program always ask me about lab testing. In my experience, time, money, and worry can be saved by performing the self-tests in this chapter regularly. These provide a guide to what you need to know about your midlife health and hormones. Lab testing is completely optional and not a part of this program.

That said, if you are interested in optional lab testing, there are four key and inexpensive blood tests that I do think are worthwhile and cost-effective. They give you critical information that I believe every adult should know and follow periodically. Why these four? From an economical and informational standpoint, these tests clue you in to your immune resilience, inflammation status, blood sugar control, and hormonal status—basically a comprehensive overview of what is happening in your body. They also enable us to measure improvement as you work to optimize these values. (These four tests typically cost under \$125 total; see [drannacabeca.com/resources](http://drannacabeca.com/resources) page.)

**25-hydroxy vitamin D.** This blood test monitors vitamin D levels in your body and can determine if levels are too high or low. It is an important indicator of bone weakness or strength, immunity, mood, and more. Vitamin D and your vital hormone progesterone work together to support T cell immunity and sex hormone functions. Higher vitamin D levels are associated with reduced cancer



risk (including breast cancer), better mood, better memory, brain health, and strong bones. A normal reading is 30–80 ng/mL; optimal is 50–100 ng/mL.

**hsC-reactive protein test (also known as cardio-CRP and highly sensitive CRP).** This blood test is a sensitive marker of inflammation and is used to help diagnose infection, cancer, and immune system disorders such as lupus and arthritis, as well as to help screen for heart disease. Normal CRP levels are below 3.0 mg/dL; optimal levels are below 1.0 mg/dL.

**Hemoglobin A1c.** This blood test shows your average level of blood sugar control over the past two to three months. People who have diabetes need this test regularly to check their progression or improvement of disease. We can use it to show that our nutrition and lifestyle choices are working. While the hemoglobin A1c (HbA1c) test is used to diagnose diabetes when it is 6.5 percent or higher, much research has shown that every 0.1 percentage point above 5.3 percent significantly increases your risk for Alzheimer's disease, brain shrinkage, and cancer. HbA1c levels between 5.7 and 6.4 percent mean pre-diabetes. The normal range is between 4 and 5.6 percent; optimal is under 5.3 percent. Everyone should know their number and get it optimal.

**DHEA-sulfate.** This blood test measures the amount of DHEA-sulfate in the blood. DHEA-sulfate is a biomarker of aging and a way to assess the functioning of the adrenal glands and the effectiveness of communication along the body's hypothalamic-pituitary-adrenal (HPA) axis. It is also a precursor hormone to estrogen and testosterone.

Low levels are associated with insulin resistance, poor memory, immune disease, and atherosclerosis. Optimal DHEA-S levels are associated with protection against cardiovascular disease and cancer, decreased risk of osteoporosis, healthier bones and immune system, better memory, better cognition, and better sexual function.

Typical normal ranges for women are:\*

Ages 30 to 39: 45 to 270 µg/dL or 1.22 to 7.29 µmol/L

Ages 40 to 49: 32 to 240 µg/dL or 0.86 to 6.48 µmol/L

Ages 50 to 59: 26 to 200 µg/dL or 0.70 to 5.40 µmol/L

Ages 60 to 69: 13 to 130 µg/dL or 0.35 to 3.51 µmol/L

Ages 69 and older: 17 to 90 µg/dL or 0.46 to 2.43 µmol/L

## Other Lab Tests Worth Considering

The four tests discussed above are really important in determining your hormonal and overall health. This chart shows other common and specialty tests that your doctor may want to order. All are good and helpful, and I regularly use them in my private practice.

TEST	WHAT IT TESTS	METHOD
Comprehensive metabolic and hormone panel	Complete blood count (CBC), complete metabolic panel, cortisol, DHEA-sulfate (if not done separately), estrogen, progesterone, testosterone, hemoglobin A1c, C-reactive protein, blood lipids, red blood cell magnesium, vitamin D, and thyroid hormones (free T4, free T3, and thyroid antibodies, among others). Additional tests, depending on individual needs, might include a ferritin and iron panel.	Blood test

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\* Optimal ranges are 100–250 µg/dL in women over 40.

<p>Comprehensive stool analysis (such as GI Effects or GI-Map)</p>	<p>This test gives a comprehensive look at the overall health of the gastrointestinal tract. It can reveal important clinical information about common symptoms such as gas, bloating, indigestion, abdominal pain, diarrhea, constipation, and the possible presence of parasites, yeast, and small intestinal bacterial overgrowth known as SIBO.</p>	<p>Stool sample</p>
<p>Gluten-associated cross-reactive foods and food sensitivity (Array 4) and epithelial permeability test (Array 2) from Cyrex Labs</p>	<p>Array 4 is my favorite panel for gluten sensitivity testing. This test measures your body's immune response to various gluten-containing foods. Two antibodies are usually measured: IgA and IgG. Array 2 measures certain proteins and can be an earlier and less expensive indicator of disease and leaky gut, reasons for chronic fatigue syndrome and immune disease.</p>	<p>Blood test</p>
<p>Food sensitivity test from Cell Science Systems</p>	<p>This is a comprehensive test I have used to uncover which foods and other substances might be triggering inflammation and related issues such as digestive problems, metabolic disorders, and chronic inflammatory symptoms such as fatigue, migraines, eczema, autoimmune disorders, and joint pain. This test measures reactions to more than 450 substances (food, chemical, and environmental substances).</p>	<p>Blood test</p>

Adrenal stress index	This test gives a more comprehensive understanding of adrenal hormone balance by assessing cortisol and DHEA throughout the day. It is an ideal evaluation for those under chronic stress with known or suspected endocrine abnormalities. It tests for six different hormones and immune markers that may be affected by chronic stress and stress-related conditions.	Saliva test
23andMe Ancestry and Health	This test provides genetic health risk reports, wellness reports (sleep, weight, lactose intolerance, and so forth), carrier status for a variety of conditions, including late-onset Alzheimer's disease, celiac disease, Parkinson's disease, and various genetic-related disorders. This health data can then be evaluated by a knowledgeable health care provider for guidance.	Saliva test
Urinary testing for hormones and nutrition from Precision Analytics or Genova	This test identifies hormones and their metabolites over a full 24-hour period. Especially important if there is history of breast cancer or you are on HRT.	At-home urine testing

Take these self-discovery assessments diligently—and discuss these lab tests with your physician. The information you'll gain will help you on your journey of mastering your midlife hormones and claiming optimal health for the rest of your life.

For more information and to pre-order your copy of *The Hormone Fix* please visit: [DrAnnaCabeca.com/book](http://DrAnnaCabeca.com/book).

## DR. ANNA'S BASIC KETO-GREEN SMOOTHIE

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### INGREDIENTS

- 1 scoop Dr. Anna's Keto-Alkaline Protein\* Shake powder  
(0 g sugar)
- 1 tablespoon MCT or coconut oil
- 2 scoops Mighty Maca Plus
- 8 ounces water

### DIRECTIONS

Place all ingredients in a shaker cup, NutriBullet, or blender and shake or blend until smooth. Delicious!

\*Note: You can substitute a similar protein powder you love and do well with for my Keto-Alkaline Protein. Just be conscientious about making sure the macronutrient and micronutrient profiles are close to those of mine.

MAKES 1 SERVING

## CROCK-POT ROAST BEEF

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### INGREDIENTS

- 1 beef roast, 1½ pounds
- 1 teaspoon black pepper
- 2 cloves garlic, mashed
- ⅓ cup tamari
- ¼ cup balsamic vinegar
- 2 tablespoons dry mustard

### DIRECTIONS

Rub roast with pepper and garlic.

Place in slow cooker with tamari, vinegar, and dry mustard.

Cook on slow for 8 hours or on high for 4 hours.

MAKES 4 TO 6 SERVINGS

## CHICKEN WINGS WITH BUFFALO SAUCE

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### INGREDIENTS

- 24 organic or pasture-raised chicken wings
- 1 tablespoon aluminum-free baking powder
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup extra-virgin olive oil
- ½ cup tomato sauce
- 6 medium garlic cloves, minced
- 1 teaspoon Italian-style seasoning
- 1 teaspoon paprika
- Cayenne pepper

### DIRECTIONS

Preheat the oven to 400°F.

In a bowl, combine the chicken with the baking powder. Season with the salt and pepper. Place the wings on a roasting tray and bake for 35 to 40 minutes, until the chicken is browned. Remove the chicken and reduce oven temperature to 350°F.

Meanwhile, combine the oil, tomato sauce, garlic, Italian seasoning, paprika, and cayenne to taste in a separate large bowl.

Stir the browned chicken the bowl of sauce until the wings are well coated.

Return to the roasting tray and bake for another 12 minutes.

Serve with a side of coleslaw, kimchi, or sauerkraut.

MAKES 4 SERVINGS

## OVEN-ROASTED RATATOUILLE

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### INGREDIENTS

- 1 medium-large red onion, cut into 8 wedges
- 1 large eggplant, peeled and cut into 1-inch chunks
- 1 medium-large zucchini, cut into 1-inch chunks
- 1 medium-large yellow squash, cut into 1-inch chunks
- 4 plum tomatoes, quartered
- 8 ounces crimini mushrooms, quartered
- 1 red bell pepper, seeds removed, cut into 1-inch chunks
- 4 cloves garlic, chopped
- ¼ cup Kalamata olives, pitted
- ½ cup canned or jarred artichoke hearts, quartered
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon fresh thyme (or 1 teaspoon dried)
- ½ tablespoon fresh rosemary (or ½ teaspoon dried)
- ¼ cup roughly chopped flat-leaf parsley

### DIRECTIONS

Preheat the oven to 400°F.

Toss everything together in a large mixing bowl except the parsley. Evenly coat the vegetables with the oil and seasonings.

Roast the coated vegetables in the oven on a rimmed baking sheet for 35 to 40 minutes, or until vegetables are very tender. Toss with parsley.

Serve with sliced avocado and/or top with an over-easy fried egg, if desired.

MAKES 4 SERVINGS



## DR. ANNA'S KOOL KETO MOCKTAIL

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### INGREDIENTS

Fresh mint  
Lime or lemon  
Ice  
Sparkling water  
Pomegranate seeds (optional)

### DIRECTIONS

In a large glass, muddle together mint and lime or lemon. Add ice and sparkling water. For added color, add pomegranate seeds.

MAKES 1 SERVING