The Keto-Green Way of Eating in Menopause Transcript

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Introduction and Guest Background

Hi, everyone. Welcome back to Mastering the Menopause Transition Summit. I'm your host, doctor Sharon Stills. Pleasure to be with you all learning all that we can do as we go through our hormonal journey.

And today I have a very special guest with me today who is all things menopause. So you're in for a treat. My guest is Doctor Anna Cabeca. She's a triple board certified and a fellow of Gynecology and Obstetrics, Integrative medicine, and Anti-Aging and Regenerative medicine.

She has special certifications in functional medicine, sexual health, and identical hormone replacement therapy. For the past 20 years, she's served 10,000 plus women in her private practice and millions more through her books, online videos and articles.

When her own health took a troubling turn during menopause, she sought out the wisdom of healers around the world. She learned that modern medicine and time tested natural remedies are not at odds.

Working together, they create indisputable results, results, and true well-being using delicious healing foods and simple lifestyle changes, doctor Ana reclaimed her health and life, fueled by her belief that every woman deserves to be empowered and in control of their health and life.

She developed the keto green lifestyle, which we're going to learn all about, which has helped thousands of women opt out of menopause, misery and experience a joyful transition to the next stage of their lives.

With her methods, you two can breeze through menopause into your second spring feeling the best you ever have. Welcome. You are certainly in the right place around here.

We're excited to to talk with you today and have this conversation and learn all about Keto Green. Yeah, yeah, it's been part of my journey. You know how they say your message becomes your message?

It certainly it's certainly my truth as an end begin. It's nothing I learned in medical school. And my journey had me in early menopause at 39, diagnosed with early menopause, infertility.

I failed the round after round, infertility meds and I was told I would never be able to have another child. So at 39, that really drove me down the menopause journey.

And in the when my doctor's bag was empty, when my Emory University doctor's bag was empty. You know, that journey around the world looking at food as medicine and understanding lifestyle medicine.

And there's so much more than what we write on a prescription pad and can do with a surgical knife. And in fact, it's the first medicine to use food as medicine.

And as a result of that journey, I learned so much. But I also reversed early menopause and naturally became pregnant at 41 with the baby. I was told I would never be able to have.

So she's now 14 and I'm 56 this month and you know, and I'm a grandma and I'm just loving.

Menopause, Diabetes Risk, and Surgical History

I'm at the best stage of my life and I want everyone to claim that health and it's so mean. Share. And I saw my mom suffer when I was 16. She was 52, diabetic, heart disease, undergoing cardiac bypass surgery.

All of these things like she never had to suffer like that. And I really made it a commitment, my commitment, my passion in life is that no woman suffers that they feel empowered over their body.

They're not giving that power away to a prescription pad, to a surgical procedure. Anything that we have that power within ourselves first to heal and with the right, with the right strategies, we can do that.

Exactly, exactly. I, I use my prescription pad to write, go to the beach, take a vacation, drink more water to put the important things that are are really medicinal, rather than the pharmaceuticals that I always write orgasm on my.

Yeah, that's one to for sure. So that that's such a great empowering story because there is so much suffering that is not necessary if women are empowered, which is why we're doing this summit to really spread the message and let women know it.

In my world, in my practice, it's like it's just commonplace. We all have amazing menopausal transitions, but it's so sad to think that we are just such a small piece, and that the mainstream has no idea that this can be a really empowering time where you can.

Actually, I feel better that 54 than I felt when I was 24. I feel like as we get older, we can really harness our health. So speaking of health, we're going to talk about diabetes and how menopause is a risk factor for that and get into your keto green and what the women can be doing.

So, why don't we just start there and talk about we haven't really talked about diabetes on the summit yet, so I'm excited to have this conversation here.

Yeah. Yeah. So I think that that's really key. And it's not something that we under re understood, and certainly not something I learned that menopause is is a risk factor for diabetes.

I mean that crazy menopause is a risk factor for diabetes. What. Well even more so sharing recently research showed that women who have had their uterus removed, who have had a hysterectomy have an increased risk for diabetes.

Women who have had their ovaries removed have an even more significant increased risk of diabetes. Well, right, to me that's like, whoa, would you mean like I never consented a patient?

Well, I've got to do your hysterectomy. I'm going to remove your ovaries. That's going to increase your risk of diabetes. I didn't consent a patient that way.

Not to mention dementia and Alzheimer's. You know. No, I didn't know that to consent a patient, so I had to. Look. I looked at this research, and I'm like, okay, what's really fascinating and and it stems into my entire clinical practice.

And I'll start with an example, because I know we're going to get into some science, but I want to share real life story. And in my medical practice as a gynecologist, an obstetrician, and I mean, I love to operate, I could help a patient get rid of their symptoms really, really quick.

Well, as I went through my new journey, reversed early menopause and all those symptoms, I started doing things differently so my patients would come in irregular bleeding, severe PMS, you know, miserable at their period every month.

And really like we try birth control pills. We can try antidepressant things. But ultimately that would lead them down the road to a hysterectomy. And if there were over age 35, we were told we'll take their ovaries out so they don't get that very minuscule chance of ovarian cancer. So and I say that, you know, with a lot of skepticism.

And so, so as I, you know, started working with patients coming in and I started giving them a what I it was a version of my now what I call my keto green detox that I write about that's in my books.

And, you know, food as medicine and or minute fast cut out the carbs and sugar, grains, gluten, dairy, increase your protein and healthy fat. And how to add those good organizers.

So we're we're actually, you know, I, I started doing that with patients and I added maybe some adaptogens or maybe some bioidentical progesterone. But even before I did that, patients would come back six weeks later and say, doctor, and I feel better than I have in months, right?

In years. And I didn't really. And they I love this one because my friend I have a friend and and I swear for ten years in my medical practice I would tell her, look, I just want you to do this 21 day detox.

I promise you'll feel because I'm fine. She came back to me after she finally did, and I think it was like years after I started nagging her and she goes, oh my gosh, doctor and I, I didn't realize how bad I was feeling till I started feeling good again.

And I went from doing 2 to 3 surgeries per week to needing to do 2 to 3 major surgeries per year. Powerful, right? So then what was it? What was I doing?

I was increasing insulin sensitivity, reducing their hemoglobin A1, C but without like knowing this connection with hysterectomy or with dysfunctional bleeding.

So I asked, you know, with this research, does the hysterectomy and the removal of the ovaries did that increase the risk for diabetes? There's probably a component there, but more likely it was elevated blood sugars and insulin resistance that increase significantly their requirement of a hysterectomy.

When we create that insulin sensitivity they're dysfunctional.

Keto Green Lifestyle and Urine pH

Bleeding goes away. When we empower oxytocin and decrease cortisol, the stress hormone, our natural progesterone is higher. The dysfunctional bleeding goes away.

So that you know me, that was game changing for me and my practice. And it just opened my eyes to to. So people are watching this and not seeing this.

I just moved into this house and I'm in the quiet area in the basement and there's like a fly that really wanted to be on camera. Yeah, it must be interesting.

It must be a lady fly. Oh my gosh. Oh yeah. She's on her last leg now. It's. Yeah. It's really fascinating how you know, like Hippocrates said, let food be thy medicine and thy medicine be they should.

There's there's so much truth to it when we we can't get healthy if we're not addressing what we're putting in our mouths and how we're absorbing it, and how are utilizing it. So.

So what exactly? Because I love that you have the the green. You always hear about keto and I come from a long training over in Europe and where I got a lot of my cancer training to work with oncology patients, and it's all about alkaline izing.

We want to alkaline ize the system that's doing alkaline IVs is one of the big things we do. So I love that you have because you don't really hear about Keto Alkaline.

You hear about keto meat and keto cheese. And so what does that mean? Keto green I it's such a great take on it. Yeah. Thank you. So it really came back from my journey getting into ketosis.

So when I hit my second menopause at 48 and I was, you know, spiraling, I had every symptom, the hot flashes, the night sweats, difficulty sleep. I slept three hours a night, I swear.

And I had anxiety, depression, brain fog, mood swings and the weight gain without doing anything different. Right? 20 pounds without doing anything different.

And I, so experienced everything my patients were experiencing, but yet the. So I wanted to carb restrict right away and I knew about ketogenic diet because my oldest child has seizures.

And so I knew about the ketogenic diet. I used it in my Parkinson's patients, my patients with epilepsy and my medical clinic are neurologic diseases, are dementia.

And I knew that really helped them. And, as I started doing that more ketogenic diet, I just felt like I was hitting a wall. I was like, okay, you know, within a few days, not keto flu.

But I was like, I just felt cranky and irritable. I'm like, I'm a single mom with a we want an elementary school and middle schooler and another one in high school and all girls, right?

I was like, okay, you know, I gotta fix this. And I just like, checked my urine. I told my patient so often to check your urine pH. It is a biomarker for how the more alkaline your urine pH is, the lower your risk of diabetes, heart disease, cardiovascular disease, you know, cancer.

And and inflammatory diseases. So it was like, oh my gosh, I checked my urine page. And Sharon, it was the as you mean the the paper didn't change color was as low as the paper red.

So that would have been a page of five. But who knows. It could have been a page of three. I could have been an acid, you know, and it was part of that ketogenic.

So it was a huge So no wonder I don't feel good. No wonder I feel like, you know, like I just don't feel good. And I remembered at that point Cush, my perimenopausal patient that I put on a Candida diet or a keto diet, they'd be like, doctor, you know, I don't like how I feel on this.

And so it would. So I made it understand. Okay, well, that makes sense. I'm very acidic. Let me add the alcohol. And I was in so I but I didn't want to gain a single.

I'm starting to lose weight and I don't want to gain a single pound back. So it's the broccoli sprouts, the kale, the big green sauteed up some big greens.

One of the most. And I would I threw them away for all my life. Like now I throw the beets away and I eat the big greens and you know, I got some great recipes because otherwise they're really bitter.

But like dandelion, beet greens, Swiss chard, I mean low carbohydrate greens, plus the cruciferous, the cruciferous vegetables that help with estrogen detoxification.

So I started getting really smart about combat and combining low carbohydrate organizing foods that also support hormone detoxification in my urine. And I stayed in ketosis and my urine got more and more alkaline.

But this is the kicker. This is why it's more than what we eat. It's a keto green way or lifestyle like I like to call it. The mornings I would do my gratitude journaling or go for a walk on the beach.

I was more alkaline all day. My urine pH was more alkaline all day. I felt better and I felt which at a as a burn out single mom, you know, going like who was in midst of chaos at that point, I had the peace that surpasses all understanding that physiology, that keto green physiology is energized enlightenment.

And it is so like it is so that physiology is so magical. It really is. And I want everyone listening to be able to experience that, getting that alkaline urine page and getting into ketosis at the same time, it is an magical feeling.

It is an experience and it really does that clarity that more spiritual connection, that more peace within your body.

It's powerful. So I needed to understand the physiology.

I was a physiology researcher before I went to medical school. In fact, I even helped in physiology in medical school labs. But, so I wanted to understand what was going on.

And so it it turns out like cortisol increases hydrogen ion secretion across the renal tubules. So you can be eating that perfect vegan vegetarian green diet and be acidic because of cortisol stress.

And so everything we do to decrease cortisol and improve. So cortisol is the most acidify hormone in our body. It will rob Peter to pay Paul. And oxytocin is the most alkaline izing hormone in our body.

And for everyone listening men and women are different when it comes to keto and with hormonal balance. Men have ten times as much testosterone, a catabolic hormone, so they're not experiencing the detrimental effects of a ketogenic diet by itself as quickly as we do as women, and how it affects us our hormones much quicker as women than it than it does for men.

And so that that key concept was game changing. I've now had hundreds of thousands of people that have followed keto, green living and that difference.

I mean, it really is. It's I like the word magical lately. I'm like freezing, like it's just magical metaphor. And actually I have a program called Magic Menopause, an eight week program that I walk women through.

I've been doing it since since that time, you know, 2015 when I was really when I discovered the Keto Green Way and had rebuilt my body and my brain and, so, yeah, it's a good word.

I'm glad you. Menopause is magic. So do you. How many carbs do you let the women have? Do you allow more carbs than a typical keto diet? Well, definitely.

We'll add in more of the alcohol and izing carbs, but I want to get into ketosis at the same time. So with me, it's not just about the keto green eating plan that's key, but it's with intermittent fasting of at least 13 to 16 hours, and sometimes we bump up and bump back.

We want that metabolic flexibility, flexibility, but there's no snacking. And typically by the time you're doing this for a while, you're eating two meals a day.

And that gives your body time to rest and digest.

Oxytocin, Cortisol, and Community

So, 2 or 3 meals a day, I'm drinking a smoothie right now. I'm doing, my menu pause, cleanse, keto Green Cleanse with my online group and my in my online community right now.

So I'm drinking, a protein shake right now that, you know, so you can eat really good, beautiful meals, but you want to make sure you've got a good combination and you're not eating between meals, and you're allowing your body time to rest and digest, and you're eating early enough in the evening, preferably by 6 or 7 p.m., so that you can have a good deep, restorative night's sleep.

So I typically say less than 40g of carb is when we hit total 40g of carb. That might push us out of ketosis, but if you're not testing, you're gassing.

So for me, it's checking. I use my keto pH urine test strips that measure both ketones and pH. And so you're looking to get into ketosis and you want to make sure you're there and really focus on that alkalinity.

And I always say focus on getting alkaline first. And this is like with your teaching with decrease inflammation get an alkaline urine first that is sick.

You know, really singularly one of the most important biohacking, you know, biomarkers that we can bio hack with. And it's so often not discussed. I have a whole e-book that you'll have access to ladies that really takes you through, like the difference between your saliva patch and your urine pH.

And understanding how your page fluctuates. But ultimately the goal is alkaline. We want alkaline, alkaline, alkaline except for the places where we want to be acidic like the stomach and the vagina.

So proper alkalinity means sometimes having acidity, always having it in other places. So you mentioned, I mean you can write, I would say like know skin and it's our natural, the skin is more acidic.

So when we're using skincare products and you know, because that's our defense mechanism, the vagina naturally has a pH of 3.5 to 4. You know, 4.5 very acidic.

We want to kill bacteria. We don't want and sperm like that's the goal. We don't want it all to go into our womb. And, the thing is, as we age, the vaginal pH becomes more alkaline.

So we're susceptible to more infections, including herpes and HPV and bacterial vaginosis. So we want to keep that vaginal page really nice and acidic too.

And that's the things we do. Diet I use my product for my anti-aging cream for the vulva. I use that to increase your body's natural moisture and decrease the vaginal pH.

And and of course you've got to eliminate eliminate sugars and carbs. So you're really supporting your body's natural, defense mechanism and of course, healthy probiotics or, probiotic rich foods.

That's key to a healthy vaginal patch and first line of defense. As a gynecologist, I'm very passionate about that. We are too. Yeah. It's so, so important.

So you mentioned I just want to go back because you mentioned oxytocin and cortisol and I'd love if you dive a little more into oxytocin. I think that's a very overlooked yet so important, for how.

But you don't hear it. You know, you hear about estrogen and progesterone. Testosterone. But a lot of people forget about oxytocin. Oh, my gosh, this is so true, Sharon.

I mean, I spent, you know, prime years of my life and hundreds of thousands of dollars studying the reproductive hormones, estrogen and progesterone, testosterone and even DHEA.

Right. And when it comes down to it. And so I write about this in my first book. It takes more than hormones to fix your hormones. You know, when it comes down to it, it's not about those when we have to adjust and we do that in the catering way, we have to become we have to address the hormones insulin, cortisol and oxytocin.

And so the most powerful human being, the most organizing hormone, the most significant hormone for longevity is oxytocin. So I like to give people the example, like if we think all our hormones have something to do, they each have a role.

Think of the the, you know, students on a university campus or students at a school, and that's all your hormones. And then, then you have the professors, your teachers.

Right. And, you know, if there's a good professor, you're paying attention. Each each student is getting what they need. There's order and they each have their own role.

So if you have good professors and those are insulin and cortisol, but when they're not good, there's chaos among the student body. And the same is true over those professors.

Is the dean of the school or the president of the university. And that is oxytocin. Good leadership. Oxytocin is good

leadership. When oxytocin is on the back burner is a way is not paying attention.

I mean, there's complete chaos. And so and that's the hierarchy. That's the hormonal hierarchy that we have to understand. And we know from studying blues them that lifestyles that increase oxytocin, healthy man and healthy marriages, pets doing things you enjoy, having pleasure in your life and good community that increases longevity.

And again, oxytocin and cortisol are in opposition to each other. There's so much to that. Like if we can focus on empowering oxytocin and increasing pleasure, joy, and it comes from nothing in our external environment has to change nothing.

And I want to say that again, because we all think, and maybe some of you listening will think, oh, well, when my husband's healthier, you know, I can focus on me.

When my kids are healthier, when my kids are situated, I can focus on me. The opposite is true. Focus on you first. That high vibration and you know, magnetism that you will resonate, will heal everyone around you.

It really is that dynamic I'm in, like from that time of chaos. And I say this, you know, 48 worst relationships of my life. Chaos post-divorce. Boris burnout near broke and to being in the best relationships in my life.

I have a three generation. I saw your grandbaby before I came in, my grandbabies upstairs, a three generation household with my daughters that love and adore me, that I love and adore and, you know, a close community and being able to serve and help others, which is my mission for being here.

So that no one suffers like my mom suffered. Yeah. We we we've lost community. We're all so isolated. And so that's beautiful. And you're all women. It's all these, these generations of women.

I love that living together in harmony. But we can create community in our, in our neighborhoods and our communities with extended family, with friends, with hobbies, with dance classes.

There's so many different ways to bring community into our lives. So even if you don't have a big family or you're estranged from your family, friends can be family.

Coworkers can be family. There's so many ways to to create community in your life, but you have to think about what Doctor Anna was saying that like, that's got to be a priority, that this is really medicine.

This is not something we do after. This is how we find health. This is how we find hormonal balance. The bioidentical hormones is the easy part. It's it's it's all the things, right?

Bioidentical hormones is part of it. Like I said, it takes more than hormones to fix the hormones. That's the 10% then. And that's like the extra. I always say that because I say as a as a, egotistical physician, I want to claim that 10% for me.

You know, when in fact, it's probably a 00.1, you know, 0.001%. So because that's empowerment and empowerment of our body through the lifestyle changes, we are designed to thrive post-menopausal.

We are designed that way. We're designed to give and feed into with incredible intelligence, knowledge, wisdom and spirituality to those around us to master a legacy right to help support a legacy, generation. So.

So where do we lose that in America? Brain fog, prescription pills, surgical intervention, aids, the media, perhaps deliberately. Sharon. Absolutely. The media, the perception that you're you're you're not, you know, useful anymore.

You're not youthful anymore. And those are, and those are negative isms that have to be dismissed.

Vaginal Health, Sexual Wellness, and Topical Support

And the Japanese make you think of other. And I traveled around the world in my new book, menopause, I talk about menopause around the world. It's a cookbook and it's, menu plans and it's all this good stuff.

But I have to bring in, you know, the, first generation Americans. So I had to bring in my international flair. So the Japanese use the word congee for menopause, which means second spring.

Second spring. So they're not looking. You're not like you're in a negative. You're in a second spring. Let me not go back to that brain fog of reproductive years and that hamster wheel type energy.

Let me have another energy. Now that I like to say matriarchal, and it's really like a beautiful one of my friends, a goddess energy and and it's this, it's a it's a higher level when you're healthy.

And every one of us can be healthier tomorrow than we are today. Absolutely can be. Yes. That is that is so true. And it is a I think of the Native Americans and how when you when you lose your cycle, you become a crone and you're no longer losing your your blood to the earth.

You're retaining your wisdom and how they're so revered and that we can have that too. That is that is my vision that we as Western women are revered as we are.

You know, I call it the second sacred act of our lives, because I think there's a third act after that where we can where we can rest. But menopause is such a time of creativity and productivity and and really feeling like yourself and feeling good about yourself and no longer worrying about things you worried about.

When we were in our teens and our 20s and 30s, I look back and I think, wow, how much energy did I waste on the wrong relationship? Or worrying about something I had no control about, or worrying about something that, like you said, I could just make a lifestyle change and that would go away and it would be different tomorrow.

So we really have a lot of power at this point in our lives. If we just reach out to it and harness it. Oh, absolutely. We do. We have so much power. We have so much grace and so much potential.

I didn't like I didn't realize that Native Americans use the word crone. That's not a good word. I don't like the English use the word crone to oh God, that is such a bad word.

Oh my gosh, let's go do something more positive. I mean, better word. Survival and wise women. You know, just, I like I don't know, I use the word matriarchal a lot.

Yeah, I like your word is I was I just, I lost my mom earlier this year, and so I, I thank you. And so my parents are gone, and I said to my, my 32 oldest, a 32 year old son, I said, I'm an orphan now.

And he said, he said, but you're the matriarch, mom. You're, you're you're you're you're it now. And I was like, oh, well, I could, I could, I could own that.

I can step into that. I worked my way here. And so there's, you know, the cycle of life where it's how it goes and it's every aging is an honor and not everyone gets to do it.

And so finding the gratitude I love what you're talking about. That gratitude alkaline is you are your thoughts are so powerful and one of the most acidic things if they're negative.

And so we have this power to really step into this place of enjoyment. And it's just sometimes it's just a a shift, a mindset shift of how we see aging, how we see that wrinkle or that streak of gray hair.

I'm like, I earned this gray hair. Okay, I'm going to enjoy it. Oh, I'm coloring it. But yeah, but I will. I, I do embrace my laugh line smile lines. Lines that no Botox yet for me.

And, I am embracing the laugh lines and smile lines like, I, I like them up here, but down there, the pelvic floor,

that's where they cause problems, you know, that's caused urinary incontinence, loss of clitoral sensitivity.

And so we can't address that stuff. There's places that we really do want to fight back and we don't want to age prematurely. And that's cortisol right.

Look at every president before term and after term in office. And you will see cortisol. You will see rapid aging. That is the effect of cortisol. The opposite is oxytocin.

I was lecturing on stage and I know you've interviewed beautiful Cynthia Thurlow and Bina Zadeh. We were at a keto conference Quito con in Austin and Mindy pals came up to me and she said, oh my gosh, Anna, what are you doing?

You look amazing. You're glowing. And I said, oxytocin, baby. My grandbaby is bringing in office oxytocin. And it is no, like I'm thinking I'm not doing anything different, but I am loving.

I get my daily dose of oxytocin in spades now. Oh my gosh. So good. And we can find joy in the little things. Like what have we overlooked? Have we overlooked hanging out in our garden?

Have we overlooked enjoying our sunset? Have we overlooked some of our best girlfriends that we laugh with? Have we overlooked the things that bring us oxytocin?

Enjoy. Have we overlooked sexual pleasure? You know, self pleasuring? Enjoying intimacy? Have we overlooked the waist down? You know, have we cut ourselves off from our bodies, designed for pleasure and we awaken them?

And how does that feel now? To be an empowered woman fully in your feminine energy, fully embracing a high level of, of, sexual energy and vibration? You know, wherever we use that towards, we use it towards our passions, like, you know, my girlfriend doctor community through writing my books and and playing with my grandbaby and hauling horses on the weekend here in Texas is what I do.

I was yeah, I drive a Porsche during the week and, Ford F-350, Dooley truck on the weekends. Yeah. That's awesome. It really is. The the joy is definitely found in the little things.

We just have to we just have to pay attention and look for it and realize it. I mean, even just, a cup of tea in the morning or your favorite song or a bath or a massage and all these things build your oxytocin and and I check oxytocin levels in the urine, and they're typically, if someone isn't working, if a woman's not working on these things, they're pretty low because we we tend to put ourselves last.

And this is about putting yourself first. You know, I always say self-care is not selfish. It is. It's a necessity. And we think about the the corny acronym, put your oxygen mask on first.

But that's really true. We can't pour from an empty vessel and it is okay. Doctor, Anna and I are giving you permission to put yourself first, to bring joy in your life to to make cultivating oxytocin in and oxytocin inducing activities a priority.

Something that doesn't just happen once a month or on your anniversary, on your birthday, but something that you are doing daily because that is how you grow health.

Absolutely, absolutely. So tell us about your you were talking about vaginal cream. Just tell us a little bit about your gel cream and yeah, what that entails and why someone would want to use it.

Yeah. Well I became you know, I really got interested in sexual health, my first week in practice because, I went to, I was National Service Corps scholar, and I went a rural area in Georgia, in McIntosh County, and one of my first page and Brunswick, Georgia, and one of my first patients, she was a 63 year old, five foot 11, 150 pound, silver haired dynamo, CEO of a biotech company.

And she goes, doctor, you know, I've, I've waited to see you and I had been diagnosed with ductal carcinoma in situ at Emory, and I was told I can't have any estrogen.

She goes, I am a woman of my of of the 60s. Sex is really important to me. It hurts to have sex. I don't want to have sex. And, you know, like my husband and I are relationships suffering.

And I'd rather die than live this way. Help me. And I was like, oh, shoot, let me look at my doctor's bag. Right. And so it was empty. And so that's where I went to research.

And I was also a researcher before I went to medical school. And I, I dug into the research and I was like, lo and behold, I can use DHEA, I can use testosterone.

There's no negative consequence in breast cancer patients from what I could find based on science. And so, and then of course, we want to keep that in proportion with everything else.

So I consented her and and let me tell you, I mean, she did amazing. And they was not just about her sexual health and reclaiming that empowerment, but it was also about her bone health.

Like I saw her at 82 and she was on crutches and I was like, oh my God, what happened? And she goes, I was skiing the black slopes and and her bone density increased over the 20 years I saw her.

I mean, at least didn't she didn't lose any significant bone. And so also the other thing was, is that 88, 82, she published her own book. And I mean, that's the that's the thing.

So from 63 to 82, I was able to follow her in, in my practice and just see the benefits that she received in quality of life. And I think that's really critically important.

So when I retired my medical practice and in 2015, my year 2014, 2015, my patients were like, Doctor Anna, no one will give us your compounded creams or formulas.

I really find the art of customizing hormone therapy for women really beneficial, really magical.

Closing Advice and Empowerment

And that's again, that is so in that 10%, right? The 90% is this lifestyle, the keto green lifestyles, what I've found. And then using Adaptogenic support.

And these are tools I've created as part of my own journey for me and and for my patients. So I committed to Mika. I told my patients, I will create something that you can use without a prescription.

That's even better than anything I can write on prescription. And so that's where all that came from. I combined the science of, stem cells. I use alpine rose plant stem cells and DHEA, which has a lot of safety behind it.

And I wanted to create it as a topical formula. So you apply it to the clitoris because we forget about the clitoris. The clitoris will atrophy and lose nerve endings as we age almost.

We add hormones back to it so and or continue to stimulate it. Right. So, so clitoris to anus, keep that tissue healthy too. We forget about the anus.

We don't want to talk about it, but it's going to get fissures and hemorrhoids. You got to keep that tissue healthy and healthy. Nice sensual nerve endings around there too.

And then something you don't have to insert into the vagina if you don't want to write like, you know, I would say it doesn't bring you pleasure. Don't put it in your vagina.

That's, that's a thing. So works better than estrogen alone, because estrogen only works on the mucosal layer of the vaginal walls. And DHEA works on all three layers.

So we're decrease seeing we're improving. We're decreasing the aging essentially of the pelvic floor because that area is so vascular. The nutrients and the combination of these nutrients are game changing.

And so it took me over three years to formulate that formula. And now it's it's worldwide recommended by doctors, hundreds of thousands of users and amazing testimonials that bring tears to my eyes.

And, you know, it's just the one of those things that, you know, we you know, we don't realize how bad we've gotten until we start feeling good again.

Which just brings us full circle to where we started, where you don't have to suffer. There's so many solutions. Any last biohacking tips or anything you want to share with the listeners about about anything?

Yeah, I always say like menopause is natural and mandatory. Suffering is optional. There's so much that within us that can empower us to be better and healthier tomorrow than we are today.

And no matter what you've been diagnosed with, you know, whatever it is, whatever condition cancer, diabetes, heart disease, dementia, whatever you fear, family history wise, etc.

what you think menopause is, your diagnosis is not your destiny, first of all, and your prescription is not your description. We can embrace, we can embrace and pretty much help people get off most prescriptions.

And if we're going to write anything, Sharon and I, Doctor Sharon and I are going to write orgasm on that prescription for you. And if that's your description, who?

Yes. Bring me some. I'll take some of that medicine, please. I'll have what she's having. Right. That's right, that's right. Well, I hope you ladies just, you know, take a breath and just really ingest all the wisdom that Doctor Anna just shared with us.

And really, you know, just from the the medical to the emotional to the diet, we really covered the full gamut here and in a nice little period of time.

So I so appreciate you taking your time to be here and share with the ladies. I know that everyone, everyone felt this on on many levels. This is really a body mind spirit prescription for you all and lots of juicy nuggets in here.

Lots of things you can put into action. Check out Donna. Doctor Anna's menopause. Brilliant name. I love it, her new book, and, you know, doing the keto green organize your life and keto and and reap the benefits.

So, thank you for being here. Thank you, everyone for listening and learning along with me. And we'll see you soon.