

La Vida Pura

Dr. Anna Cabeca's Summer Newsletter, August 2008



Bonjour mes amis! Bom dia meus amigos! Buenas dias mis amigos!

Wow! This summer has blown by me and now my daughters are back in school and settled and I can check on all of you to see how you are doing and to remind you that in order to keep taking care of all the demands in your life, you must first take care of yourself and attain your highest health and happiness. This is what I wish for all of you. My goal with this newsletter is to catch you up with some valuable and latest health care information, provide encouragement, and share some exciting announcements. Let's begin:



- We announce the birth of **Ava Marie Cabeca Bivens**, our daughter, born February 27, 2008. She has added so much joy to our lives! All her big sisters, Brittany, Amanda, and Amira, have enjoyed every minute with her and have taken such joy in making her laugh. They even help change her diapers!
- **Vida Pura** - this is the name I have selected for my private label nutritional line of supplements, Green drink, and for the title of our newsletter. It means "Pure Life" and is a Spanish and Portuguese expression reflecting on life being well lived, surrounded by nature, family and friends in a peaceful, joyful, and uncluttered manner. I also use the **Koru** which is the Maori symbol of the new unfurling fern frond. This symbolizes new life, growth, strength and peace. Based on the work of Masaru Emoto and his book, The Hidden Messages in Water, putting the intention on the bottle will hopefully further improve the effectiveness of the products, anyway isn't it just a great name!

- **Vitamin D** - The research on Vitamin D has been pouring in and if I haven't checked your Vitamin D level yet, I need to. Research has shown that people with low vitamin D levels are at higher risk for Osteoporosis, depression, proximal muscle weakness (i.e. difficulty getting out of a chair), auto immune disorders like Multiple Sclerosis. Also patients with Vitamin D deficiency have increased mortality with breast cancer. An adequate level is 50 - 70 (the lab range is lower - so we really need to pay attention to your actual value). Risk factors for Vitamin D deficiency include: aging, reduced sun exposure, dark skin, inflammatory bowel disease, obesity, fat malabsorption syndromes, and exclusively breast-fed infants. When we use sunscreen we block our absorption too. My recommendation is to sunscreen the face and decolllage but get at least 20 minutes exposure per day everywhere else! For dark skin, you need at least 40 minutes. We can also supplement your diet with Vitamin D3, because we do realize skin cancer is a risk too. Read more [Vitamin D info](#).
- **Detoxification Programs** - We have a 4 day retreat planned for this October at one of the Cottages on Jekyll Island an a 10 day retreat to Bali, Indonesia in the spring. We also will be hosting a virtual detox retreat with webinars and lectures you can enjoy at home. Please email us at officemgr@cabecahealth.com to let us know if you may be interested. More info at www.CabecaHealth.com
- **Golden Isles Medical Spa reopens!** We are delighted to announce our affiliation with Sharon Chavez, RN and aesthetician and skin laser specialist of Southeast Laser. She has over 15 years experience in the skin care industry and from mine and Libby's personal experience, she is EXCELLENT and more great news, very reasonable prices, and her packages, are the best value option! She does
 - Intense Pulse Light (IPL- photo rejuvenation),
 - microdermabrasion,
 - skin peels,
 - hair removal (imagine not having to shave a bikini line),
 - tattoo removal and more, and
 - FREE skin care consults.
 - My treatment was a "Pure Glow" which included microdermabrasion, IPL to the face and decolllage and a grape fruit peel. I have always been cautious when it comes to my skin because it is very sensitive, well I had no down time and have had excellent results and have seen sun damaged areas disappear!
 - We continue to have our Epicuran skin care line (I was just in Asheville at the famous Grove Park Inn and Spa where they use and love the Epicuran line too) plus we have some new natural products whose results I am impressed with. Call our office to schedule at (912)267-7780 and for more information. She will be in my office on Tuesdays, so come in this week for your free consult!
- Our medical spa services have always been an excellent complement to our practice philosophy of **healing from the inside out and the outside in!**
- **Breast Health and Cancer Risk Reduction** - Libby and I are constantly reading the literature to improve our protocols here. Some core information we would like to have on every woman at any age is your [Estronex score](#). This tells us how your body is detoxifying estrogens from what your body produces and from the environment. Patients with a low score have a higher risk of breast cancer (everyone of my breast cancer patients had a low score). By improving the score, we decrease the risk of breast cancer, and guess what, patients feel better too!
 - we have been having excellent results with the following supplements as well: Iodine, DIM, Vit E (mixed tocotrienols), Vit D, Omega 3's, ground flaxseeds, soy isoflavones (miso, tempeh, non GMO tofu) and various herbals such as in our PMS Soothe, Femguard Balance, Medcaps Menopause (it depends on the patient which one I select). All our treatments are tailored but the above is part of my basic core regimen.
- Visit our [Vida Pura Store](#) for more information on the newest functional tests available.
- **Abnormal Pap smears and Cervical dysplasia** - if you have had remotely or recently an abnormal pap, I recommend beginning extra folic acid, up to 4 grams per day. We carry a

great liquid dropper Folate by Designs for Health that is excellent (no additional pills to take), and very well absorbed.

- **Libby Carter, WHNP** has been an excellent addition to our practice and is our resident expert on adrenal fatigue and candida/yeast overgrowth. By tackling these two areas we are noticing amazing results with not only a return of energy but significant weight loss. Schedule an appointment with her to hear more.
- **Nutrition and dietary counseling** is also now available through our office with Tracy Quintanar! We are glad to have her on board. She has a degree in integrative nutrition and nutritional healing.
- **Female Sexual Dysfunction** was my topic of discussion for the World Bio-Identical Hormone Summit. You can read my notes on my website at : [Women's Sexual Health link](#)
- More exciting news is that I am on the planning committee for the Age Management Medicine Groups upcoming conference and a speaker for the Women's health preconference. This is an excellent venue for doctors, nurses, and those interested in age management and preventive medicine. Visit: www.agemed.org
- **Will I see male patients?** So many of you have asked me and now that I have passed both my written and oral boards in Anti-Aging and Regenerative Medicine, I will gladly begin taking consultation appointments!
- **Intravenous vitamin infusions** - now available for patients with chronic fatigue, adrenal insufficiency, fibromyalgia, memory problems, auto immune disorders, or just needing an extra boost towards optimal health.

I know this is a lot of bits and pieces of information, but some great news that I wanted to get out to you since it has been so long since my last newsletter. I end this one while I am typing, nursing Ava, and getting ready to do Yoga with Amanda with the sentiment that you are your own best advocate. Take charge of your health!

Best wishes for love, wisdom, and happiness,
Anna Cabeca, DO, FACOG, DAARM

PS: Mention this email and receive 15% off your SPA product/supplement purchase.