

February - March Newsletter

By Dr. Anna Cabeca

Health and happiness to everyone! I have had a very exciting and educational couple months! At the end of January, Cheryl and I attended an advanced hormone replacement seminar in Sugarland, Texas. This was the first advanced conference of its kind offered nationally and it was great! An important aspect, in addition to the balancing of hormones (cortisol, adrenaline, thyroid, estrogen, progesterone, testosterone, DHEA, pregnenolone) and neurotransmitters, was the integration of natural/functional medicine to have improved restoration of physiologic balance and optimal health. This has reinforced our approach to treatment of our patients and provided additional guidance!

I am also now at the airport on the way back from Ft. Lauderdale, where I attended a conference "Tackling Weight Loss Resistance" by JJ Virgin, and Linda Lizotte. This has been excellent in providing me additional insight into this ever prevalent issue and guiding me in the development of my Life Balance Program, emphasizing optimal hormonal balance and optimal body composition and health (it is all related)! Also I have made important influential contacts to create a "Strong Healthy Baby" program, beginning pre-conceptionally! This is perfect timing because on March 8th I will be giving an educational teleconference to practitioners around the nation on preparing for pregnancy. Certainly, there is so much we can do before pregnancy and during our reproductive years to obtain and maintain optimal health for us and our future generations. The research in this area is very exciting!

Quick health tips:

1. Limit Soy intake (especially soy milk) to 4-6 servings per week, depending on source. Excessive soy can affect thyroid hormone production and increase weight loss resistance.
2. Small bursts of exercise is very beneficial to muscle building and fat loss.
3. Hunger pangs may actually be a thirst signal. When you or your kids feel hungry offer a cool glass of filtered water before the meal or snack.
4. Begin each day with positive affirmations and visualization of your goal.
5. Prepare for success.
6. Create a weekly menu plan. Refer to my new Dietary section on my website at: www.CabecaHealth.com for a 3 week menu plan – shopping lists included to make life easier.
7. Suggested supplements for weight loss resistance are:

- a. **Women's Essential Packets, 2 per day (for people with hypertension, diabetes, insulin resistance or metabolic syndrome the Metabolic Synergy with Omega's and Krill is preferred)**
- b. **Carnitine Synergy or Carni clear**
- c. **CLA**
- d. **and Endo Trim (for more info see our Designs for Health link from our home page**

Dr. Cabeca's Upcoming Conferences

March 8th at 9:00 PM: Preparing for Pregnancy, National teleconference to healthcare professionals.

I welcome my patients and colleagues to access this call (for free). All listeners dial: 404-920-6664, next you must put in an access code: 77077

March 29th: Bio-identical Pharmacology and Integrative Women's Health, Grand Rounds, Atlanta, Georgia, Emory University

May 6th: Mother-Daughter Day Conference

Please tell your friends about this and see my attached flyer, sign up quickly, space is limited! I hope to see you all there. A portion of proceeds will be used to benefit the Miracle of Nazareth project! You may contact our office about this and if you would like to participate. I will be sending out the brochure soon!

**Health and Happiness to all of you,
Anna Cabeca, DO, PC**

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