



# VIDA PURA NEWSLETTER

February 1, 2009

Hello everyone and Happy New Year! We are well underway into the New Year and all of our resolutions, right?

Recently, Oprah has brought some more attention to bio-identical hormone therapy and wow what a response!

This has been my field of expertise and interest for the last 10 years. I am always happy to see more information and publicity on it because it has been very, very difficult to get it approved and condoned by conventional medicine groups and insurances. It seems when it comes to advocating for women's health - the more we hear from you and sway public opinion, the better it will be for all women. Certainly, I have found that most of my patients respond well and happily to regaining control of their health as naturally and chemically free as possible.

I am attaching my article that is on my expert site on the website [www.fabulously40.com](http://www.fabulously40.com) for your enjoyment, information, and comments.

Please feel free to participate in my hormone blog at [Fabulously 40 Hormonal Balance Article](#) and also my detox blog at [Fabulously 40 Detox Blog](#)



Additionally, many of you know that my daughter Ava is now 11 months old, and she is a blessing to all of us and pure joy. Over the last 5 months I have lost over 40 pounds trying to practice what I preach, healing my metabolism, eating well and exercising. I am bringing my program into the office with our [WEIGHT LOSS RESISTANCE SUCCESS PROGRAM](#) which includes our fat busting diet, weight loss vitamin injections, protein shakes, and health and nutrition classes and supplements, and personal training all in a discounted package. Join in to succeed in reaching your personal best this year. The introductory class begins on Monday, February 9<sup>th</sup> at 5:30 pm, call to register.

We are also holding monthly classes on bio-identical hormones and detoxification. We will be offering a detoxification class the first Tuesday of every month. Our next Bio-Identical Hormone Therapy class will be held February 19<sup>th</sup>, 2009 at 6pm. Call our office for details and to register at (912) 267-7780 or email [officemgr@cabecahealth.com](mailto:officemgr@cabecahealth.com)  
Also ask about our Valentines Day spa specials and mention this Newsletter to get 15% off of Spa products for the month of February.

I continue to be invited to lecture and train other physicians in bio-identical hormone therapy. My upcoming professional lectures are:

**April 30th - May 3rd at the Age Management Medicine Group**

**Conference** [www.agemed.org](http://www.agemed.org) in Boca Raton, Florida

**May 3- 6th - A4M Angola, Africa**

**May 28 - 30th - Hollywood, Florida with the Institute of Functional Medicine on Mood disorders** [www.functionalmedicine.org](http://www.functionalmedicine.org)

**June 3-6 - A4M Lisbon, Portugal** <http://www.worldhealth.net/pages/events>

I hope to see you at our upcoming classes.

Get ready for a fitness challenge! We will be hosting a BOX-A-THON fundraiser for the **Garrett V. Bivens Foundation** in March at the boxing gym in Brunswick on Gloucester near the new library. You can begin warming up with taking classes there (my 9 & 12 year old daughters and several of their friends from the winning Whitefield basketball team take the Saturday morning class!) (We also have a mom's class at the same time) or by personal training for only \$50 per session with Jozsef who is a Hungarian fitness trainer and is great at helping you design a home regimen for you to help you obtain success (call 912-996-8147 for more info). Personally, my fitness programs include Yoga and Boxing for both physical and mental well being - this is my meditation time!



What about the men in your life?

Yes, I am consulting with men for optimal hormone balance and anti-aging therapies as well.

Happy Valentines Day!  
Dr. Anna Cabeca

## HORMONES. HORMONES? HORMONES!

by Anna M. Cabeca, D.O., FACOG, DAARM  
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We don't mind it when we become slightly irritable and intolerant - that is our right of passage for being over 40. However, when it comes to losing our memory, losing our hair, not sleeping, and gaining weight - we want no part of it! So what is happening? Well, we are hearing a lot of news about bio-identical hormone therapy for many things such as for treating hot flashes, helping with bones, brain, and heart, improving our sex lives, skin, and energy, and for maintaining our optimal body weight. So what is real?

First, and foremost, HORMONES IN BALANCE ARE GOOD, HORMONE IMBALANCE IS BAD. What do I mean by that? In healthy menstruating females, hormones cycle on a monthly basis. Our first day of our period is cycle day one, progesterone and estrogen are at the lowest, this is the follicular phase. At around cycle day 12 - 14, ovulation occurs and our progesterone levels increase awaiting a pregnancy, this is the luteal phase of the menstrual cycle, if pregnancy does not occur, progesterone drops and our period occurs again. Commonly, in our thirties, our progesterone levels start to drop, more than our estrogen levels, creating something called estrogen dominance. This gives us irregular menstrual cycles, possibly heavier bleeding, increased pain with the menses and PMS symptoms such as breast tenderness, irritability, bloating, etc. We may also begin to lose our sex drive and vaginal lubrication. Our skin may become itchy, noticeably more wrinkles - sometimes this seems to appear overnight - welcome to hormone imbalance!

### ***What can we do about hormone imbalances?***

It is not just one thing. I always recommend a balanced head to toe approach. My head to toe approach encourages every woman to take control of her health! Where should the focus be?

***Focus on the spiritual*** - what is the mental atmosphere that a patient finds themselves in and what can they do to gain some perceived control of it

***Environment*** - what are their personal and work environments - what could be interfering with their ability to achieve happiness

***Nutrition*** - our bodies are our temple and what should we be injecting to nurture our bodies

***Digestion*** - no matter how well we eat, we have to ensure that we have appropriate digestion - that means adequate acid and digestive enzymes in our stomach and healthy bacterial flora in our intestines to absorb the nutrients

***Detoxification*** - since the 1950's, corporations have introduced greater than 500,000 chemicals into our environment. Additionally, no matter how we get our hormones, whether it is from what our body naturally produces or from the xenoestrogens from the environment from pesticides, herbicides, food we eat, air we breathe, etc., how our body gets rid of it is even more important. All my patients are introduced to my nutrient and protein base detoxification program that includes a modified elimination diet to remove foods, etc, that are likely to produce allergies.

***Hormonal balancing*** - we need to consider the hypothalamic, pituitary, adrenal, and gonadal axis, i.e. the entire hormone web. Each woman is hormonally unique and part of achieving our optimal health is in understanding this and achieving our own hormonal balance.

***Structure and function*** - physical strength and exercise are the final and very important aspects to achieving optimal health.

So, when I approach a patient who has symptoms of hormone imbalance, and this is my area of expertise for the last 10 years, we need to incorporate all of the above aspects into a balanced treatment program. For hormone balancing, I consider the major hormones such as adrenaline, cortisol and thyroid, and the hormones estrogen, progesterone, testosterone, and DHEA. My approach is to prescribe the lowest doses in the most balanced fashion, based on a patient's symptoms and test results such as by saliva and serum hormone testing.

Let me give an example.

Zoe is 43 years old and her periods have gradually becoming more frequent, she complains of more irritability prior to her periods and absolutely no sex drive. And even worse than this - she feels out of sync. She says that she used to organize all 4 children's schedules and keep her bills organized and volunteer at the school, and now she felt that she can not even organize car pool. She has 'lost her edge'.

We always take an extensive history, covering all 7 topics above, and do serum and possibly saliva and urinary testing to evaluate hormones and detoxification. She was definitely progesterone deficient, estrogen dominant and also was fatty acid deficient, i.e. she needed more healthy fats, especially omega 3's in her diet. I prescribed a bio-identical progesterone cream and a testosterone cream and in 3 weeks she returned stating she was "feeling better than she had in years!" She had "gotten her edge back". She was also sleeping better, her sex drive returned and her focus and stamina returned. I had also recommended a balanced quality multivitamin, omega 3's, calcium, and a few other nutrients based on nutrient testing such as Co Q 10, Alpha lipoic acid, and carnitine to improve her energy and weight as well.

Her periods became regular, in fact, she stated she couldn't even tell when her periods were coming - the PMS was entirely gone and her relationship with her husband became more satisfying and intimate again.

It is hard for women, especially because we have so many different roles and obligations to take the time for ourselves that we need in order to feel our best and perform our best for all those that we love around us.

I encourage your questions, because we have so much to learn from each other and sharing and talking is the best way. Please give your comments and experience, and remember to try and do as much naturally as we can do to achieve our optimal health.

You may also visit my website at [www.CabecaHealth.com](http://www.CabecaHealth.com)