

# Hormones, Keto, the Brain, and Menopause

*An Exclusive Dinner Seminar with Dr. Anna Cabeca*



As women transition hormonally after the age of 35, the focus of intervention changes to antidepressants, sleep medications, estrogen, and surgery. There is so much we can do instead... and naturally. My story, professionally and personally, has been one of reversing this trajectory and helping thousands of women alter the course of their health.

Navigating the menopause transition is a critical challenge for women and their practitioners. The standard therapy and medical process typically results in women taking an average of three medications, and 30% have undergone a hysterectomy by age 60. Brain fog, memory loss, osteoporosis, incontinence, obesity, sexual dysfunction, and mood disorders can plague this population. Additionally, it may come as a surprise that symptomatic perimenopausal and menopausal women ranging in age from 30 to 60 years old have reported experiencing related symptoms as early as their mid-30s. By some reports, as much as 50% of women begin experiencing symptoms at age 36.

As physicians and healthcare providers, we have both an obligation and an opportunity to empower women and relieve them of symptoms by addressing the root causes of their discomfort during this period of extreme vulnerability. I will demonstrate how dietary, lifestyle, and hormonal interventions can be used effectively.

## You will receive valuable insights into:

- Hormone transitions, such as PMS and menopause, and symptoms that can be managed with dietary and lifestyle changes
- The impact of adjusting fuel choice at midlife
- GYN pearls to help women (and the men who love them) through this period of neuroendocrine vulnerability
- Supplements and over-the-counter options that can help during hormone changes

**Jacksonville • Feb 4**  
**6:00 p.m. – 9:00 p.m.**

**Seasons 52**  
**5096 Big Island Dr.**  
**Jacksonville, FL 32246**

**Orlando • Feb 7**  
**6:00 p.m. – 9:00 p.m.**

**Roper Garden Building**  
**146 W Plant St.**  
**Winter Garden, FL 34787**

**Register Today!**  
**Only \$39 to Attend**

**Cost includes dinner**

*Refunds available for cancellations  
made up to 2 weeks prior to event*

**RSVP: Joell Daniel**

**(407) 592-6820**

**joell.daniel@xymogen.com**



## Dr. Anna Cabeca, DO, FACOG

Dr. Cabeca lectures nationally and internationally on restorative health and women's health issues. She is a board certified gynecologist and obstetrician as well as board-certified in anti-aging and regenerative medicine. Dr. Cabeca earned her medical degree from Nova Southeastern University in Health Science in Florida and completed her residency at Emory University in Atlanta, GA. She specializes in successful menopause management, natural alternatives, and age management medicine. She is a consultant and trainer for other physicians in bioidentical hormone replacement therapy and functional medicine principles. Dr. Cabeca is an author, a retired clinician, a mother of five, and a multilingual traveler who loves learning about healing traditions from all around the globe.