

Silicon Valley Health Institute

Host of the Smart Life Forum

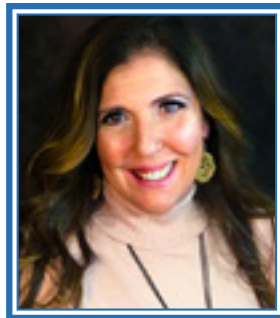
Next Meeting: Thursday, March 21, 2019

Main Presentation by Dr. Anna Cabeca

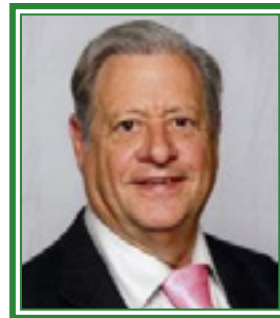
“The Hormone Fix”

Secondary Presentation by Paul Barbaro

“Heart to Heart Healing”



Meet Anna Cabeca
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Smart Life Forum

Presentation Location

Cubberley Community Center

Room H1

4000 Middlefield Road

Palo Alto, California

Directions on our website:

www.SVHI.com

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Announcements & Upcoming Events

Upcoming Speakers:

April 18, 2019
Mathew Cook, MD
Bernd Friedlander, DC

Upcoming Foundation for Mind Being Research Meeting (FMBR)

Friday, March 22, 2019 @ 7:30pm

Roberto Miller

Roberto will present his new interview with Federico Fagin. The video is titled From Computers to Consciousness.

Unity Community Church
Y.E.S. Hall

3391 Middlefield Rd, Palo Alto, CA

Please visit www.FMBR.org for more info.

A **Board Member** position and a **Membership Chair** position are available. Interested persons can contact any board member or email **Susan** at: susanrdowns@hotmail.com. Thank you.

SLF Members

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Thank you.

Meet Main Presentation Speaker: Dr. Anna Cabeca!



Dr. Anna Cabeca is an internationally-acclaimed menopause and sexual health expert, global speaker and pioneering promoter of women's health. She is Emory University-trained and triple board-certified in gynecology and obstetrics, integrative medicine and anti-aging and regenerative medicine, and is the author of "The Hormone Fix," a diet and holistic lifestyle program for menopausal women.

Her areas of specialty include bio-identical hormone treatments and natural hormone- balancing strategies, and she has received extensive notoriety for her virtual transformational programs including Women's Restorative Health, Sexual CPR® and Magic Menopause. She created the successful and popular alkaline superfoods drink Mighty Maca® PLUS, and a top-selling, rejuvenating feminine vulvar cream for women, Julva®. In her spare time, Dr. Cabeca hosts the highly-regarded series "Couch Talk," featuring compelling podcasts focused on a wide variety of important health and wellness topics.

She was named "2018 Innovator of the Year" by Mindshare, the #1 conference for health and wellness influencers, and was also honored with the prestigious 2017 Alan P. Mintz award, presented annually by the Age Management Medicine Group to the most outstanding physician who displays clinical excellence and entrepreneurship.

Dr. Cabeca has reached hundreds of thousands of women around the globe, inspiring them to reclaim their optimal health and realize they can journey through menopause and find more purpose and pleasure than they ever dreamed possible. She balances her passion for women's health with faith, grace and skill, while raising her four daughters, and leading the non-profit foundation she created in honor of her son, Garrett V. Bivens, who tragically died as a toddler.

Dr. Cabeca infuses her presentations with humor, raw connection and passion, and she impacts lives each and every day. Follow her journey on her blog at DrAnnaCabeca.com and connect with her on Facebook, Twitter and Instagram.

(End of Meet Anna Cabeca!)

Main Presentation with Dr. Anna Cabeca Written by Susan R. Downs

“The Hormone Fix”

“I don’t feel like myself” is a common complaint from women suffering a hormone balance in Dr. Cabeca’s office. They suffer wild mood swings: Irritable and snappy in the morning, depressed when the workday ends, and then anxious as bedtime approaches. Happiness rarely comes, and they can’t recall the last time they felt exuberant joy or bliss. Many are type-A, take-control females who juggle busy jobs with families. Some of them also serve as caregivers for their aging mothers. “If my boss told me that I needed to pull it together with work, I could step up my game,” one patient recently told her. “Dr. Anna, why can’t I manage my emotions in a similar way?”

Dr. Cabeca’s response is, “Listen, I know you’re probably a take-charge person. You’re used to managing your own behavior, juggling numerous responsibilities, and pulling things together when they feel out of control. But when it comes to your mood, willpower and determination don’t cut it. Your hormones run the show. They’ll take your emotions wherever they see fit, often at the expense of your health and happiness.”

Many patients were surprised at this response. Many of my patients were frustrated because their former doctor didn’t take them seriously. Some clients were told, they were too young to have hormone issues. Some were offered antidepressants or other mood drugs to manage emotional discontent. One physician told one of her patients “it’s just normal for women your age to feel this way.” Well, while it may be “normal” it’s not ok and can be fixed! Dr. Cabeca offers a far better solution that doesn’t require prescription drugs, powering through negative emotions, or any sort of emotional struggle. It starts at the end of your fork.

In this presentation, she will discuss this complex hormonal interplay and how physiology drives behavior in men and women. Even the tiniest hormonal swing can dramatically impact mood. More importantly, she will discuss her new book, *The Hormone Fix* which shows how to fix these imbalances to feel better fast. From our 40's onward, hormones like progesterone and estrogen naturally decline,

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making you cranky (okay, bitchy!). Add in stress and your body might not make enough oxytocin (your bonding hormone), so you feel depressed and disconnected. She reveals simple but powerful ways you can use to conquer mood swings, anxiety, depression, and other uncomfortable emotional symptoms.

The stress hormone cortisol also contributes to these mood swings. Cortisol keeps you stressed, whereas oxytocin keeps you calm. If cortisol dominates, oxytocin takes a backseat and you're likely to feel – you guessed it – irritable, fatigued, unfocused, and frustrated. You can learn more about these hormones and the cause and effect of the imbalances in her ebook “*What’s Happening to My Hormones*”. Life feels chaotic when these and other hormones get out of whack.

The short answer: Food, supplements, herbs, natural hormones, and other lifestyle changes. I've perfected this formula working with thousands of patients over 20 years. I've seen it work in my own life and with the women who work with me.

Dr. Cabeca gives the example of Deborah, who was struggling when she first came to her office. She felt sad all the time, and her moods swung all over the place. “Dr. Anna, I'll be somewhere and suddenly burst into tears or anger for no reason,” she told her during our initial consultation. Deborah really wanted to change: For her family, her friends, and most of all, for herself. Because when her emotions felt out of whack, she couldn't be her best for others.

With the Keto-Green™ Diet along with some lifestyle modifications, all discussed in *The Hormone Fix*, Deborah got her mood and life back. Within weeks, her troublesome, life-limiting symptoms had vanished. She lost ten pounds and her measurements improved: Two inches from her waist and three inches from her hips disappeared.

Here are five strategies from *The Hormone Fix* to balance your mood and finally get off that emotional roller coaster.

Eat more feel-good foods.

The Keto-Green™ Diet comes loaded with foods that improve your mood and restore hormonal balance. Among them include:

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- **Serotonin.** This is your feel-good or happy neurotransmitter. You want plenty of serotonin hanging around. Lots of foods can optimize levels:
 - Probiotic-rich foods such as pickles, sauerkraut, and yogurt with active cultures. These foods optimize good gut bacteria support. (After all, your gut makes about 95 percent of serotonin!)
 - Turmeric, a popular anti-inflammatory spice, also keeps serotonin hanging out in your brain.
 - Tryptophan (an amino acid in turkey, dates, and sunflower seeds) is a precursor for serotonin.
 - Foods rich in omega-3 fatty acids including cold-water fish, flaxseed oil, and walnuts boost serotonin levels.
- **Dopamine.** Dopamine is your brain's reward chemical. Falling levels can contribute to feelings of emptiness, sadness, irritation, and boredom. To ensure steady dopamine levels, provide your brain the nutrient-building blocks in foods like beets, edamame, nuts, eggs, and meat.
- **Gamma-aminobutyric acid (GABA).** This neurotransmitter gives your brain the ahh! it needs to feel peaceful and calm. My Keto-Green™ Diet includes GABA-boosting foods including cherry tomatoes, shrimp, green tea, and any food high in omega-3 fats such as salmon.

Treat yourself to dark chocolate.

Pleasure is its own nutrient, and chocolate provides that. But dark chocolate also contains tryptophan, which stimulates serotonin to dial up your mood. Anandamide in dark chocolate promotes well-being because it binds to your brain's dopamine receptors. Theobromine, an alkaloid in cacao, also supports a positive, steady mood. Those are among the reasons my Keto-Green™ Diet includes a few ounces of dark chocolate for dessert a few times every week.

Rub your way to calm.

Bioidentical progesterone, applied as a cream or taken orally by prescription, helps produce metabolites that support a positive mood. Talk with your doctor about this option. Dr. Cabeca's Purabalance PPR Cream, is a unique formulation of essential oils and ingredients that support sleep so you feel more rested and relaxed, and create more vibrant skin.

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Take these natural mood supporters.

- 5-hydroxytryptophan (5-HTP), which your body converts into feel-good serotonin, also helps relax and calm you. Try 50 to 200 milligrams (mg) on an empty stomach prior to bedtime. (Look for a formula with vitamin B6, which helps convert 5-HTP to serotonin.)
- Dr. Cabeca os also a huge fan of the herb maca (the prime ingredient in her Mighty Maca Plus). She experienced the healing power of maca years ago in Peru when she drank it to regain her own emotional footing after a personal tragedy. She felt its benefits almost immediately: More energy, a better mood, and just feeling more like her old self. Two scoops a day of Mighty Maca Plus in water, or a smoothie should improve equilibrium.

Feel happier fast with yoga.

Research supports what she see in my practice and personally discovered: Yoga can help post-menopausal women balance their mood and feel better. Regular yoga practice makes great complementary therapy for women undergoing age-related hormonal changes. Yoga and other forms of exercise increase oxytocin, balance stress hormones like cortisol, and flood your body with feel-good endorphins.

As women, we live about one third or more of our lives after menopause. We want to feel emotionally and physically vibrant during this transitional period.

You have significant control over how you feel during menopause. With the right nutrition, an optimized lifestyle, and simple, loving actions I discuss in *The Hormone Fix*, you can dramatically alter your emotional health to minimize mood swings and other obstacles that impair your health and happiness.

In her book, she empowers you with all the strategies she's learned after decades of working with thousands of patients to feel better, balance your mood, and create the big, beautiful, vibrant life you deserve!

(End of Main Presentation)

Meet Secondary Presentation Speaker: Paul Barbaro!



Paul Barbaro is a healer, author of six books on natural healing, and an avid forensic health researcher. He is only interested in healing that works. After years of searching for the keys to healing, these keys were laid at his feet by two Native American Shamans. The world of healing shifted in Paul's world and he went from "OK healing" to "Miracles." People who leave his events and sessions are never the same, for the better. Clients say; "Paul is an AMAZING Healer." And "Paul is the ONLY healer I will EVER have work on me."

What makes Paul's presentations unique is that they are Audience Participation Events. He has the participants do the processes because Paul says, "You have to FEEL the healing energy to believe the energy shifting!"

Paul graduated from UC Riverside with a bachelors degree in Education with a minor in Psychology and Sociology. Paul is a Christian minister, and completed his Doctor of Divinity from The International Church of Christ in Los Angeles, California in 1982. Paul is a licensed massage therapist and has been doing massage for 30 years. Paul channels angels to help in your healing. Makes it much faster!

Paul is an author, healer, teacher, researcher, and life coach. Informative, entertaining, enlightening, and captivating lectures!

Please contact Paul at 408 253-6577 or by email at computerdoctor77@yahoo.com

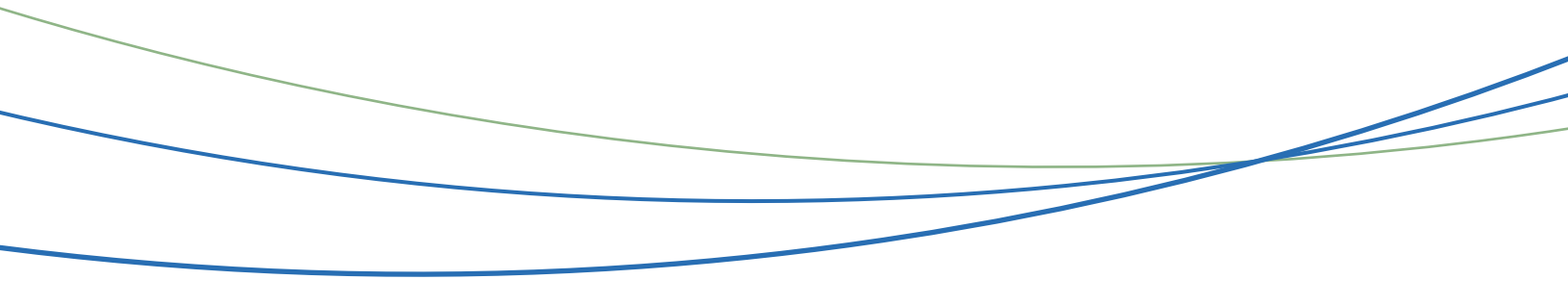
(End of Meet Paul Barbaro!)

Secondary Presentation by Paul Barbaro

“Heart to Heart Healing”

Paul will discuss his years of healing as described in his books including Heart to Heart Healing. This book is the first accurate proven method that eliminates the original cause of present pain, which is the unbalanced, stuck early childhood trauma. The proof of this healing is the detox reaction one can go through in addition to the softening of facial features of your partner. This method is certainly better than pushing pills and surgeries as the final remedy to chronic pain.

(End of Secondary Presentation)



About Smart Life Forum

Smart Life Forum, Inc. is a 501(c)(3) California nonprofit corporation whose primary mission is to provide credible health education to the public with an emphasis on optimal wellness, anti-aging medicine, and longevity.

Annual memberships in Smart Life Forum, Inc. and charitable donations are tax deductible to the extent allowed by law. For information on how to join or make a donation, please visit our website: www.SVHI.com.

For questions, please contact Susan Downs at susanrdowns@hotmail.com.

Become a Member!

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\$10 per Meeting

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