

# Download The Hormone Fix free Anna Cabeca, DO, OGBYN, FACOG (PDF, ePub, Mobi)

Includes a 10-DAY quick-start detox DIET!



Burn Fat Naturally, Boost Energy,  
Sleep Better, and Stop Hot Flashes, the  
**KETO-GREEN WAY**

Anna Cabeca, DO, OBGYN, FACOG

**USA TODAY BESTSELLER • For women approaching or in menopause, a revolutionary diet and holistic lifestyle program for easier weight loss, better sleep, diminished hot flashes, a clearer head, and a rejuvenated sex drive.**

**“Hormone balance is within reach, and this is the definitive guide for reaching that goal.”—David Perlmutter, MD, author of *Grain Brain***

As women approach menopause, many start to experience the physical and emotional indignities of hormonal fluctuation: metabolic stall and weight gain, hot flashes and night sweats, insomnia, memory loss or brain fog, irritability, low libido, and painful sex. Too often, doctors tell us that these discomforts are to be expected and that we will have to wait them out during “the change”; some of us even agree to be unnecessarily medicated. But Dr. Anna Cabeca’s research and experience with thousands of her patients show that there is a fast-acting and nonpharmaceutical way to dramatically and permanently alleviate these symptoms.

*The Hormone Fix* introduces Dr. Cabeca’s unique Keto-Green protocol, a plan that pairs the hallmarks of ketogenic (low-carb/high fat) eating with diet and lifestyle changes that bring the body’s cellular pH to a healthy alkaline level. The proven result: balanced cortisol and reduced output of insulin, the hormones most responsible for belly fat and weight gain, plus an increase in oxytocin, the “love and happiness” hormone. Whether you are perimenopausal, menopausal, or postmenopausal, *The Hormone Fix* offers an easy-to-follow program, including

- a 10-day quick-start detox diet to jump-start weight loss and reduce symptoms immediately
- daily meal plans and weekly shopping lists to take the guesswork out of a month’s worth of Keto-Green eating
- 65 delicious and easy-to-make recipes for breakfast, lunch, dinner, smoothies, and soups
- detailed information on vitamin and mineral supplementation that optimizes hormone balance
- simple self-assessments and recommended optional lab testing for a better understanding of your hormonal status
- tested and trusted stress-reduction and oxytocin-amplifying advice and techniques

With *The Hormone Fix* you can expect to trim down, tap into new and unexpected energy levels, enhance intimacy, and completely revitalize your life! Ready for your fix?

**“*The Hormone Fix* is a treasure trove of accurate and user-friendly information that all women who are suffering during menopause need to know and apply.”—Christiane**

**Northrup, MD, author of *The Wisdom of Menopause***

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### [PDF] Run Away



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A perfect family is shattered in RUN AWAY , the new thriller from the master of domestic suspense, Harlan Coben. You've lost your daughter. She's addicted to drugs and to an abusive boyfriend. And she's made it clear that she doesn't want to be found. Then, by chance, you see her playing guitar in...

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### [PDF] Celtic Empire

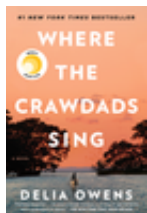


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Clive Cussler, "The Grand Master of Adventure," sends his intrepid heroes Dirk Pitt and Al Giordino on their wildest, boldest mission into the ancient world, unlocking extraordinary secrets and solving hideous crimes. Another fabulous read from the most beloved series from the #1 New York...

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#1 New York Times Bestseller A Reese Witherspoon x Hello Sunshine Book Club Pick "I can't even express how much I love this book! I didn't want this story to end!"--Reese Witherspoon "Painfully beautiful."-- The New York Times Book Review "Perfect for fans of Barbara...

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### [PDF] The Tyrant



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I've fallen in love with Cato, and I'm not afraid to say it. He doesn't need to say it back. I know how he feels. Even if he doesn't have the balls to admit it. Our daughter will be here soon, and our lives will change forever. Will Cato let go of the past? Let go of the promise he made to execute...

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### [PDF] The Hookup Handbook



<http://media.woobooks.info/us-1381961489/the-hookup-handbook.html>

My love wand is on a strike. As bad as that blows , pun unintended, it's ten times worse for me. I'm a male escort, but not just any escort, I'm the escort. The one with a mile-long waiting list and a pristine reputation that's very well-deserved. Only now, I'm on...

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## [PDF] Poland



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“A Michener epic is far more than a bedtime reader, it’s an experience. Poland is a monumental effort, a magnificent guide to a better understanding of the country’s tribulations.”— Chicago Tribune In this sweeping novel, James A. Michener...

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In James Patterson's new stand-alone thriller, one secret can bring down a government when the President's affair to remember becomes a nightmare he wishes he could forget. Sally Grissom is a top secret service agent in charge of the Presidential Protection team. She knows that something is amiss...