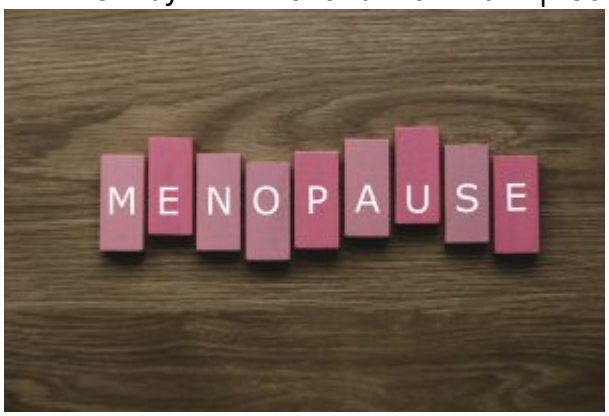
# ENCORE: Natural Ways of Managing Menopause

written by Dr. Ronald Hoffman | January 15, 2025




Menopause can pose severe challenges to women: hot flashes, cognitive impairment, sleep problems, and sexual difficulties, often compounded by weight gain. ObGyn Dr. Anna Cabeca is schooled in mainstream medicine but has added a natural medicine repertoire to her practice. She recounts how she learned to overcome her own devastating symptoms of early menopause. She believes that diets need to be individualized for menopausal women. Find her quiz to determine your menopause type at www.DrAnna.com/mpquiz. We discuss the role of supplements and bio-identical hormone replacement to augment tailored diets. Her book, “MenuPause: Five Unique Eating Plans to Break Through Your Weight Loss Plateau and Improve Mood, Sleep, and Hot Flashes,” highlights the role variations on the keto diet and intermittent fasting can play in alleviating menopause symptoms and reversing mid-life weight gain.