

Resistant Hormone Causes Weight Gain & Stops Women With PCOS From Shedding Unwanted Pounds



***The simple proven
strategies
to permanently
eliminate this fat
creating (and storing)
problem, naturally***

Resistant Hormone Causes Weight Gain & Stops Women With PCOS From Shedding Unwanted Pounds

It has previously been estimated that 11% of women suffer from Polycystic Ovary Syndrome, commonly called PCOS. However, that estimate seems to be growing. According to reports from the National Women's Health Information Center, this figure is more likely to be 10 - 20%, with PCOS being seen in females as young as 11 years old.

More prevalent among Black, Asian and indigenous Australian women than Caucasian, heredity may play a role. However, to date, no gene has been isolated to which we can lay blame. We do know that 'epigenetics' is crucial, however, that is the role that lifestyle plays in causing your genetic code to 'turn on' or 'turn off'.

Think about it like this – when you cut your finger, the genes responsible for causing the blood to clot, the cut to seal and the finger to heal are 'turned on'. Once healing is complete, the genes are 'turned off' because they are no longer needed. This is a healthy response, a response caused by an environmental queue (the cut). We would not blame our genes for this cut, would we?

Lifestyle choices, such as your food plan and exercise, are crucial to conquering your insulin resistance, weight gain and PCOS. That's why I have created this report, *Resistance Hormone Causes Weight Gain & Stops Women With PCOS From Shedding Unwanted Pounds*, to help you understand why insulin resistance happens, how it causes weight gain and how you can make right lifestyle choices to successfully and permanently lose unwanted fat, reduce and even completely eliminate your PCOS signs and symptoms to live a well, happy, longer life.

PCOS and The Fat Loss Killer, Insulin Resistance

Insulin is a 'growth hormone', and you guessed it! Amongst other duties, it makes things grow – that includes our waistline and our cravings!

First, let's take a look at what insulin is and what it does. Second,

we'll take a look at some of the common, and not so common, signs and symptoms associated with this hormonal imbalance. These may help answer some of your questions and give you a better idea of where you stand.

Then I'll delve into how you can CORRECTLY diagnose this condition.

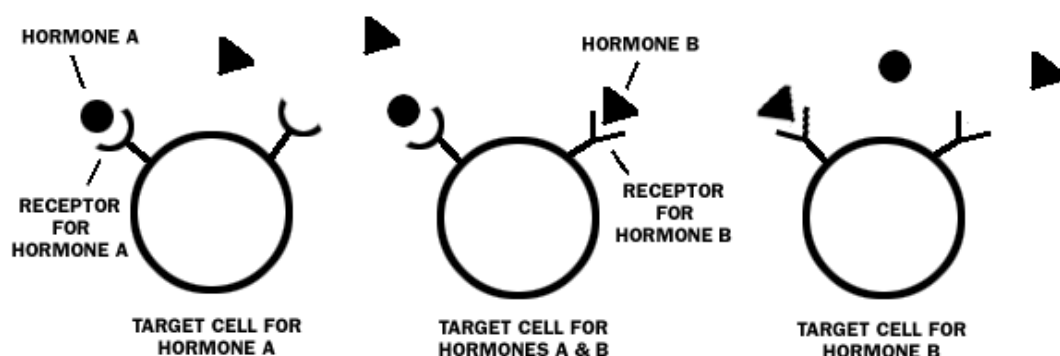
Finally, and importantly, I'll reveal what you can do to naturally and successfully improve your insulin sensitivity (reduce insulin resistance) and aid successful, and sometimes even FAST, weight loss.

What Is Insulin

Insulin is a very important hormone secreted by the pancreas located in our abdomen. Insulin controls the processing of carbohydrates and proteins and is responsible for **metabolism and the storage of fat**. Our body's cells require glucose for energy production, and insulin is the hormone that helps glucose move from our blood into our cells.

How Insulin Works

Hormones are chemical messengers within our body. That act to relay information from one part of the body to another. They work like a lock and key. When a particular hormone (the key) fits its matching lock (the cell receptor), the cell becomes 'opened' for business (the hormone has an effect).



How hormones work: The lock (receptor) and key (hormone) explanation. Picture reproduced with permission from <http://www.ftmguide.org/hormonebasics.html>

Insulin works in this way.

Often in women with PCOS however, the cells become less responsive to insulin. The locks can effectively become a little *rusty*. The hormone doesn't work as well as it should, so the body produces more insulin to try and open the door.

The excess production of insulin causes *hyperinsulinemia* (too much insulin in the blood). When hyperinsulinemia is prolonged, the body stops responding effectively to insulin. It's like cell locks close the locks to many of the keys.

When there is too much insulin in our body, it signals the pituitary gland in our brain to produce more luteinizing hormone (LH) and the ovaries to produce more testosterone. This contributes to both PCOS and the signs and symptoms that come with it.

How Does Insulin Resistance Cause And/Or Contribute To PCOS?

Insulin resistance has a two-fold effect in PCOS. On one hand, insulin resistance increases the secretion of testosterone from the ovaries. On the other hand, it reduces the production of Sex Hormone Binding Globulin (SHBG), which is required to neutralise excessive testosterone in our blood. Excessive, free testosterone in the blood can further increase insulin resistance, creating a vicious cycle.

Let's take a quick peek at testosterone...

Testosterone is thought of as a 'male' hormone, however women need it too. The 'female' hormone oestrogen is made from testosterone and it is also important in sexual desire. It is made mostly in the ovaries. When there is too much insulin in the blood, it tells the ovaries to increase the amount of testosterone they create. If you'd like to learn more about testosterone, check out this link - <http://med.monash.edu.au/sphpm/womenshealth/docs/testosterone-and-androgens-in-women.pdf>

Due to its dual effect, insulin resistance can both cause and amplify the signs and symptoms of PCOS. A major culprit behind central obesity in women with PCOS in particular, insulin

resistance can also prevent the ovaries from producing ova or eggs, leading to anovulation and infertility. This is one of the reasons why weight loss, where needed, boosts fertility.

Finally, there is a theory that insulin directly causes excessive adrenal androgen production and favours the hypo-pituitary-gonadal axis (HPG-axis) disorder in PCOS, thereby directly responsible for aggravating PCOS. In layman's terms, this means that insulin resistance can cause changes to our brain, which can adversely alter the way the brain and reproductive system talk to each other.

Hormones, such as insulin, are involved in a complicated feedback system with other hormones and their glands. Overproduction of one can suppress the production of another, eventually throwing the entire body out of whack and complicating pre-existing conditions, *especially* hormone-linked syndromes such as PCOS.

Telltale Signs of Insulin Resistance

- ☐ Central obesity (excessive tummy fat)
- ☐ Overweight and obesity
- ☐ Trouble losing weight
- ☐ Skin tags
- ☐ Abnormal skin pigmentation – acanthosis nigricans
- ☐ Acne
- ☐ Excessive hair on face and body (and/or loss of hair from the scalp)
- ☐ Irregular or absent periods
- ☐ Increased triglycerides and/or high blood pressure
- ☐ Intestinal bloating
- ☐ Sugar cravings
- ☐ Fatigue and/or brain foggiess; depression and/or mood swings
- ☐ Energy slumps, helped by food
- ☐ Diabetes

Do You Have Insulin Resistance?

If you have Polycystic Ovary Syndrome, there's a good chance you also have insulin resistance. As you are reading this report, I will assume that you are either overweight or obese and/or would like to successfully lose weight. If this is the case, you have a very high risk for insulin resistance.

How do you find out?

Women often have either only a fasting blood glucose (blood sugar) test or a 'pin prick' test, and are told they are 'normal'. But these tests are far from ideal to uncover insulin resistance.

When you think about it, sugar (glucose) is sticky. If too much sugar stays in the blood stream, it can be a dangerous substance. It can stick to stuff! This means that the body will do everything it can to make sure the blood sugar levels stay within their ideal range. How does it do this? By pumping out insulin, to 'guide' the excessive sugar into the cells.

What if your insulin isn't as effective as it should be at this important job? You pump out even more insulin. At this point, your blood sugar levels may still be 'within normal limits', according to the two tests I previously mentioned, however, your insulin levels are higher, as your body is working harder to make sure blood sugar levels stay stable.

To accurately determine if you have insulin resistance, you need to have a 2-hour (some professionals use a 3 hour) blood glucose test **with** insulin levels. Your blood is tested (for both blood sugar and insulin) before you eat or drink (fasting), then at 30 minutes, 60 minutes and 120 minutes after you drink a sugary drink. This sugary drink challenges the body, to see how effective it is at processing sugar and to see what your insulin does in response.

This is how you tell if you have insulin resistance.

Note: You need to have this test performed in a lab that 'spins' (centrifuges) your blood immediately after each test has been taken, or your results may be inaccurate.

Tackling Insulin Resistance

Lifestyle improvement is your most powerful weapon against insulin resistance, and a critical component to successfully and permanently losing unwanted pounds. In fact, addressing this resistant hormone may actually make weight loss easy! I know, this statement may sound impossible. Yet, once I addressed this issue, I lost 10 kg in 10 weeks. I couldn't believe it! I had tried so many things, but had found nothing that worked well and permanently. I had even felt so desperate at one stage that I tried a strong weight loss medication. The only thing I almost lost after 3 weeks on that horrible drug was my partner and my mind. The mood swings and depression were horrible. I remember saying to my husband that 'I'd rather be fat and happy than skinny and miserable'. To make things worse, I lost not a single kilogram! Yet, successful weight loss is possible for women with PCOS and addressing insulin resistance is one of the most important keys.

How?

A well-balanced food plan, physical activity and several other '*tricks*' are effective ways to reduce insulin resistance and aid weight loss.



What Foods Have Been Proven To Help You Lose Weight Even When You're Suffering From PCOS?

Food can be like a double-edged sword and sometimes we all fall on our blade! Poor food habits can cause or exacerbate your

PCOS. However, correct food choices can heal your body, mind, soul *and* PCOS. Food is absolutely among the best medicine.

Modifying eating habits empowers your thyroid, normalizes your gut, detoxifies your liver, and balances your mood and energy levels. Each of these is critical for you to lose weight, and keep it off!

Strengthening your body is THE best way to help yourself lose weight. This is far more powerful than the toxic hormonal treatments traditionally given to women with PCOS, which treat only one or two symptoms, but also may leave behind a legion of side effects. These treatments can also increase insulin resistance and inflammation – two of the main drivers of PCOS. This is one of the reasons why the oral contraceptive pill may cause weight gain (for more information on the oral contraceptive pill and insulin resistance, see http://www.conquyourpcosnaturally.com/_blog/Blog/post/The_Pill_Making_Your_PCOS_Worse/)

The ‘RIGHT’ Foods To Improve Insulin Resistance Are Low Glycaemic Load (GL)

You need to look to food to overcome the metabolic mess that is PCOS. ‘Diets’ may make tall claims about their miraculous successes, however, few will optimize your health or fix the underlying resistant hormone that significantly contributes to weight gain in PCOS.

Try not to think about ‘being on a diet’. This word conjures images of deprivation and pain. All the word ‘*diet*’ really means is ‘the usual food and drink a person consumes’. Think of your new food habits as your life giving, excessive weight shifting, and optimal healing food plan.

The difference between Glycaemic Index And Glycaemic Load

The glycaemic index (GI) is a well-known guide, which indicates the effect a food has on blood sugar levels.

“The glycemic index (GI) is a ranking of carbohydrates on a scale from 0 to 100 according to the extent to which they

raise blood sugar levels after eating. Foods with a high GI are those which are rapidly digested and absorbed and result in marked fluctuations in blood sugar levels. Low-GI foods, by virtue of their slow digestion and absorption, produce gradual rises in blood sugar and insulin levels, and have proven benefits for health. Low GI diets have been shown to improve both glucose and lipid levels in people with diabetes (type 1 and type 2). They have benefits for weight control because they help control appetite and delay hunger. Low GI diets also reduce insulin levels and insulin resistance.”

- <http://www.glycemicindex.com/about.php>

However, I prefer to use the glycaemic load (GL). The glycaemic load is more accurate.

“The glycemic load (GL) is a relatively new way to assess the impact of carbohydrate consumption that takes the glycemic index into account, but gives a fuller picture than does glycemic index alone. A GI value tells you only how rapidly a particular carbohydrate turns into sugar. It doesn't tell you how much of that carbohydrate is in a serving of a particular food. You need to know both things to understand a food's effect on blood sugar. That is where glycemic load comes in. The carbohydrate in watermelon, for example, has a high GI. But there isn't a lot of it, so watermelon's glycemic load is relatively low. A GL of 20 or more is high, a GL of 11 to 19 inclusive is medium, and a GL of 10 or less is low.”

- <http://www.mendosa.com/gilists.htm>

For a list of many foods and their GI/GL rating, head to <http://www.mendosa.com/gilists.htm>

What Food Plan Will Help You To Lose Weight?

Look to nature!

Nature provides the right mix of nutrients and also provides Low Glycaemic Load (GL), which is the food plan proven to combat PCOS and obesity.

Why Low GL?

Low glycaemic load is the best way to combat insulin resistance and obesity, two formidable opponents in PCOS. Low glycaemic index (GI) foods are now quite well known. However, as helpful as this tool is, it does not take into account the amount of carbohydrates eaten. Fantastic foods such as watermelon are high GI, but low GL and perfectly healthy. If we just look to GI, we would avoid this great food. GL gives you a better measure of the affect a food or drink will have on your insulin levels.

Tip: Do not be misled into believing that low carb food plans in the guise of large amounts of meat and cheese are ideal for healthy weight loss. You need nutrients to be well, to successfully and safely lose weight, and keep it off.

A food plan that includes foods consisting of complex carbohydrates is important. Complex carbohydrates are those that break down slowly during digestion and release a steady supply of sugar in our body rather than causing sudden spikes. We will talk more about these foods in greater detail shortly.

Due to the insulin resistance of PCOS, it is important to control blood sugar levels. Including foods like fresh fruit and vegetables, some gluten free grains, nuts, seeds, beans and legumes is very helpful.

Tip: Do not starve yourself to lose weight. This is not sustainable, nor is it healthy. Very low carbohydrate food plans may be successful in weight loss, but very low calorie diets create arterial and thyroid stress.

A Word of Caution

Choose your low GL foods very carefully – as close to nature is best. Many of the low carb foods on the supermarket shelf are loaded with harmful fats, artificial sweeteners and additives. Trying to avoid one harmful item may just land you with another. Make sure your low GL foods are high in healthy proteins or fibre, while free from additives and man altered fats.

Tip: Milk has been shown to spike insulin levels as much as

wholemeal bread. This really is best avoided. If you feel you cannot live without dairy, choose A2 milk. It is much better for you.

Protein Power

Proteins provide the body with a steady supply of amino acids that help build and repair all body tissues. They are also one of the important ingredients in manufacturing our hormones and enzymes. Protein helps maintain muscle mass, which is important for metabolism. Plus, they keep you full longer, meaning less snacking and less calories. Several studies have shown that when people increase their protein intake, they reduce their total calorie intake without being told to or being aware of it. Imagine . . . a weight loss food plan that doesn't feel like a restrictive diet!

Good lean proteins are a must when trying to improve your insulin resistance and lose weight.

Proteins have a low GL and maintain the balance of blood sugar levels, lending a helping hand with lowering insulin fluctuations at mealtime. Research studies have proven that including good lean proteins along with low GL foods boost the body's metabolism, supporting weight loss and improving insulin resistance in women with PCOS.

How To Meet Your Daily Protein Goal?

There are many different ways to include healthy proteins in your daily food intake. Start with breakfast – try an omelette with organic free-range eggs; mix in some broccoli and cauliflower. Snack on delicious (unsalted) nuts and seeds as you zigzag through your daily routine. Check out some healthy dips like hummus – a savoury middle-eastern dip. Steamed fish seasoned with fresh herbs, lemon, and a dash of extra virgin olive oil is packed with lean protein for dinner. Toss some cooked black beans, grilled organic chicken, turkey breast and/or chopped hard-boiled eggs in your salad, and. . .Voilà! You have met your daily protein goal.

How Many Carbs Should I Eat?

This is a great question, and one I'm asked often.

Remember that the *quality* of the carbohydrate matters. 'Slow' carbs are always better than 'fast' carbs. This means that when you choose your carbohydrates, choose those that come prepackaged with fibre (e.g. an apple) that slowly release their energy. The foods I mention in this report (low GL) are ideal.

'Slow' carbs are carbohydrates that release their energy slowly. This means that a stable blood sugar level is maintained. 'Fast' carbs release their energy quickly. This can cause blood sugar spikes and falls, and adversely affect your energy, your mood, your weight, and cause cravings, insulin resistance and ill health.

If you are looking for an actual figure...well, it depends on your goals. Research shows 30 grams of carbohydrates (or less) per day result in a higher amount of weight lost. However, this is very restrictive and requires some careful planning to also maximize nutrient intake. Sixty grams (60g) per day was still shown to result in significant weight loss. One hundred grams (100g) or less is much easier to implement and stick to. This amount will aid weight loss, but it will be slower and steadier. While there is more to successful and permanent weight loss than simply your carb intake, this will give you a scientifically validated guide that works.

Friendly Fats

I cannot overstate how important it is to include good fats in your food plan – daily. This is pivotal in weight loss. The right type and right amounts of fats like the Omega-3 and Omega-6 fatty acids are a must. Good fats help improve insulin sensitivity. We've been led to believe that fat is harmful, and low fat is ideal for weight loss, however, this is simply not the case. You cannot healthily lose weight without eating enough good fats.

Where Can You Get The 'Good' Fats?

Oily fish like salmon, mahi mahi, tuna, mackerel and sardines are

rich in healthy fats. Organic, free-range eggs are very beneficial. You can also choose from a variety of vegan sources for your healthy fats like olives and avocados; nuts like almonds, pistachios, chestnuts, cashews, pecans, and seeds like sesame seeds, flax seeds, sunflowers, etc. However, stay away from unhealthy fats that have been heated, exposed to oxygen or damaged in processing.

Going Nuts!

Nuts, like almond and walnut, are great sources of protein, Omega-3 fatty acids, B vitamins, Vitamin E and minerals like copper, manganese, magnesium and potassium. The abundance of antioxidants in nuts also puts them in the category of 'super-foods'. High levels of inflammation have been shown to cause insulin resistance and antioxidants help reduce inflammation.

Veggie Indulgence

Indulge in plenty of yellow, red, orange, green, blue and purple fruits and vegetables. Bringing variety to your food plan by including various organic fruits and veggies from different colour spectrums improves insulin resistance by increasing the nutrients required for insulin sensitivity, like chromium, magnesium and antioxidants.

Organic Is The Word

Conventional farming may contaminate your food with insecticides, pesticides, hormones, antibiotics and more. Persistent Organic Pesticides (POPs) have been shown to increase the risk of diabetes, an insulin resistant dis-ease like PCOS. This can increase weight gain, especially around the dangerous tummy area. Choose nutritious and safe organic fruits, vegetables, eggs, poultry and meat products wherever possible.

What Not To Eat

Avoid simple carbohydrates such as refined flour, white rice, white pasta, sugar, processed foods, fruit juices and soda. These foods,

unlike complex carbohydrates, contain refined sugars, generally have no real nutritional value and are absorbed by our body quickly resulting in a spike in sugar/glucose levels. Due to their low nutritional value they do not satisfy us for long. They are a poor health choice, particularly for women with PCOS looking to lose weight.

How Much Do I Eat?

Scales, calorie counting, fat limits... It can be an overwhelming process trying to lose unwanted pounds. But, there is an easier way. You already carry with you the perfect guide. *Really?* It has been referred to as 'The Palm Method'.

If you don't want to worry about which meal should be the biggest, an easy way to start reducing insulin resistance and lose weight is as simple as this – include a portion of protein the size of your palm (in width, length and thickness) with each main meal. This makes up one-third of your plate. Then fill the other two-thirds with salad ($\frac{1}{2}$ of this can be vegetables other than potatoes). For snacks, place your middle three fingers together. This is the approximate size of a protein rich snack. Easy!

When To Eat

Food timing is important for insulin sensitivity and weight loss. This is a great 'cheat'!

Research reveals that when we eat the very same meal for dinner as opposed to breakfast, it affects our blood glucose levels quite differently! When this meal was eaten for dinner, the blood sugar levels remained higher for longer.

Daniela Jakubowicz, et al, also made an incredible discovery. They took two groups of women with PCOS. Both groups consumed an isocaloric (the same amount of calories) diet. They found that when the largest meal was eaten at breakfast (980 kcal breakfast, 640 kcal lunch and 190 kcal dinner) as compared to the largest meal was eaten at dinner (190 kcal breakfast, 640 kcal lunch and 980 kcal dinner), there was a 7% reduction in blood glucose and **54% reduction in insulin levels**. In other words,

both groups, at the same amount of calories, but the timing of the meals had significant impact on blood sugar and insulin levels. I hope you are beginning to see that small changes can make a massive difference; losing weight with PCOS doesn't have to be difficult or life consuming.

Eat Often

It's important to maintain stable blood sugar levels, as this requires less work from your pancreas and your insulin. Eat breakfast, lunch and dinner, plus a morning and afternoon protein based snack. Think a handful of nuts or a boiled egg.

Reduce, Or Eliminate, Cooking On A High Heat

Research published in *Diabetes Care*, by Alicja B. Mark, PhD. revealed that cooking at 'high temperature - such as with baking, roasting and frying – (may) induce formation of advanced glycation end products (AGEs), which are associated with **inflammation and believed to impair glucose metabolism** in patients with type 2 diabetes (who have insulin resistance at similar levels to those seen in women with PCOS). Common high-AGE foods include bakery products, cooked meat, and roasted coffee'. Cooking at a low temperature, using techniques such as boiling or steaming food and choosing 'lower-AGE foods' may help to reduce insulin resistance.

What If I Want To Eat Out?

Do it! Life is meant to be enjoyed. Call the restaurant first, or look up their menu online to find out what they have available. You may discover they have appropriate and delicious foods already listed. If you are booking in advance, you can always ask if they can prepare a suitable meal for you when you attend.

What If I Want To Be 'Naughty'?

Every woman needs a little food naughtiness in her life occasionally. It often helps to, for the most part, keep you on the

straight and narrow.

Timing matters to insulin levels, and protein helps to moderate blood sugar levels, therefore, it is best to 'break out' in the morning with a meal that includes some protein. If you need to, schedule a meal once a week (either breakfast or lunch) where you eat whatever you feel like. Enjoy every bite, no guilt allowed! Then, go for a walk and don't give it another thought. You will probably find, in time, that your taste buds and hormones change so that you won't feel like eating these kinds of food any more.

But, I Can't Give Up *Chocolate*!!

Chocolate cravings can actually be a sign of stress or a dopamine (a happy hormone) deficiency. It can also be triggered by hypoglycaemia (low blood sugar levels), which can occur following an over exuberant insulin spike.

There is some good news though. A small amount of dark chocolate has been shown to help weight loss. In fact, one study showed that the smell of dark chocolate could aid weight loss. Maybe I need this in an essential oil form that I can burn in my clinic all day long!

Note: I said a small amount.

Increase Your Physical Activity

I know that exercise may sound like a dirty word, but it is very important (I'll reveal a very cool 'cheat' in a few moments). Physical activity burns calories, but it does much more than that. Cardio helps your heart and fitness level, but also helps you lose weight. Resistance training (i.e. weight training) builds muscle, which improves your metabolic rate, and so improves your ability to burn calories.

Cheat: *It is possible to exercise less for better insulin sensitivity and increased fat loss.*

How?

Interval training helps to improve insulin sensitivity and burn fat. One study revealed that within only 2 weeks, and three short 15-minute sessions per week, insulin sensitivity was **MARKEDLY** improved. So what is interval training? Exercise, performed in intervals! Each session includes an 8-second 'sprint' followed by a 12-second 'relative rest' period. This 8 then 12 pattern is repeated consistently for 15 minutes.

The 'sprint' is obviously fast, but the level performed will depend upon your current fitness. In the 'relative rest' periods you are still exercising, but the intensity level is comfortable.

You can incorporate interval training into many activities, like walking, jogging, bicycling, rowing, cross training...

TIP: It was shown that when the sprint component exceeded 24 seconds, the amount of fat lost was reduced.

Note: Before starting an exercise program, you may need to consult with a health professional.

Walking

A brief 10-minute walk has been shown to decrease cravings. You'll also feel better about and within yourself due to the increased endorphins pumped into the body. This is great for motivation, self-confidence and decreasing stress levels.

Learn To Relax

Stress and the hormonal commotion that comes with it, have strong ties with PCOS. In simple words, we can say that these two have a 'hormonal bonding'. The hormonal changes that our body undergoes while adapting to prolonged stress and the ones found in women suffering from PCOS are strikingly similar.

Stress can affect your ability to effectively lose weight. It may interfere with adopting the right food choices and exercise routines vital for losing weight. It also causes insulin resistance, decreased

energy levels, and can interfere with your sleep. Choosing the right ways to manage stress is an important step toward losing weight when suffering from PCOS. Unless you deal with your stress, attempts at reaching your optimal weight may be unsuccessful.

Think: Meditation, exercise, counseling, breathing, Chiropractic care, dance, a support group.

Sleep Your Way To Better Insulin Sensitivity & Increased Fat Loss

Who knew you could sleep your way to better insulin sensitivity and weight loss! Studies reveal that one night of poor sleep reduces insulin sensitivity. Imagine what long periods of poor sleep can do. We also know that women who slept 6 hours or less per night weighed 6 – 8kg more than those who slept 8 hours per night. Ensuring adequate sleep is really important!

Supplement

The food plan recommended throughout '**Conquer Your PCOS Naturally**' (*available through Amazon*) is vital in addressing Insulin Resistance. However, food is often not enough. Our soils are nutrient deficient, our digestive system often does not work well enough to digest and absorb all of the nutrients we require and toxins can 'use up' high levels of nutrients, meaning we need more. This is when supplementation can really help.

Supplements which help insulin resistance include:

- ☐ Omega-3 fats, like fish oil (great for both insulin resistance and inflammation)
- ☐ Chromium
- ☐ Magnesium (of which women with PCOS have been shown to have lower levels)
- ☐ Cinnamon. One to two 500mg tablets twice daily can help to manage your blood sugar levels. You can also add approximately ½ tsp. to your food daily.
- ☐ "One study showed that NAC (N- acetyl - l – cysteine) at 1,200 mg per day along with 1,600 mg of the amino acid

arginine promoted a trend toward normal ovulatory cycles and substantially improved insulin sensitivity. A short-term study showed that 1,800 mg of NAC daily helped improve insulin sensitivity in women with PCOS.”
(<http://bit.ly/1dFskQH>)

Learn To Love Yourself

This is so important and often overlooked. As women in a modern society, our sense of self worth is often linked largely to our body image. This is such a sad mistake. A poor sense of self worth can deflate our motivation and inspiration to create meaningful, enduring change. It also can lead to self-sabotaging choices that leave us stressed, insulin resistant and larger than we should be.

And on that last important note...

It is completely possible for women with PCOS to lose unwanted fat. I have helped many women achieve this, and I myself have lost 26kg (57 pounds) and kept it off for years. It's just a matter of knowing what to do and how to do it.

The great news is that, as you improve your insulin resistance, you will find it easier to lose unwanted fat and keep it off permanently. As you lose weight, your insulin sensitivity will improve. When this happens, the benefits for women with PCOS are far more than weight loss alone. This will reduce, and may even completely eliminate, acne, excessive hair growth, mood swings, hot flashes, skin tag growth, acanthosis nigricans, naturally boost fertility and reduce pregnancy complications and miscarriage risk.

From PCOS to perfect health, with love,



Dr. Rebecca Harwin
'The PCOS Expert'

www.SuccessfulPCOSWeightLoss.com

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www.ConquerYourPCOSCourse.com to get access to the advanced 'Conquer Your PCOS – The 12-Week Action Plan'

www.FromPCOSToPregnancy.com to grab your FREE special report '*How To Have Healthy Babies, Even With Polycystic Ovary Syndrome*'.

P.S. There is one more common issue that is often missed, and can stop women with PCOS from shedding unwanted pounds. You can discover this secret in my special report, *Common PCOS Weight Loss Super Secret Revealed*.