

A close-up photograph of human skin, showing a hand with a finger pointing to a small, red, inflamed blemish on the skin. The background is a soft-focus view of the same skin area.

How To Shed Fat, Drop Male Hormone Levels, With PCOS and Naturally

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Polycystic Ovary Syndrome is a growingly common issue for millions of women around the world. And the signs and symptoms can be devastating. High testosterone, overweight and obesity, and poor insulin sensitivity are not only issues in PCOS, but they are significant causes.

So, how do you change something that seems unchangeable?

I know many women have been told 'just lose weight' But, if you have Polycystic Ovary Syndrome, you'll know it's not usually that easy. The underlying insulin resistance unhelpfully makes fat notoriously difficult to shift, and very fast to return.

The great news is, there is research being done in this area. Very interesting and exciting research.

I've been talking about low glycaemic load, gluten, and dairy free for a long time now. This is a great approach, for reducing high testosterone, PCOS weight loss and improving insulin resistance. It's perfect for women with Polycystic Ovary Syndrome! It has helped me to personally, permanently shed 27 kg and conquer my PCOS signs and symptoms, and has worked almost magically for many of my patients.

A recent article in the [Journal of Obesity and Weight Loss Therapy](#) by Phy et al, looked at the effects of an 8-week intervention using a low starch, low dairy food plan on 24 overweight and obese women with PCOS.



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"Participants were instructed to eat lean animal protein (meat and poultry), fish and shellfish, eggs, non-starchy vegetables, low sugar fruits (berries, apples, oranges, plums, etc.), avocado, olives, nuts and seeds, and oils (olive and coconut). Subjects older than 21 years were allowed 6 oz. of red wine per day, and all subjects were allowed up to 1oz of prepared or fresh, full-fat cheese per day. Previous studies have shown cheese to be less insulinemic than other dairy products, thus, cheese was allowed in restricted amounts to aid in dietary compliance. The diet excluded all grains, beans, other dairy products, and sugar (including fruit juice from concentrate, raw turbinado sugar, evaporated cane juice, high-fructose corn syrup, honey, or agave nectar) because of their insulinemic properties."

This study showed that a simple and short intervention resulted in "weight loss, a reduction in waist circumference, and body fat loss in an overweight and obese PCOS population. This diet also led to improvements in insulin sensitivity... and a reduction in total and free testosterone in women with PCOS."

This research did not include calorie or carbohydrate counting (that's a weight off your mind, I bet!), and allowed participants to eat until satisfied. That's right, no starvation diets here.

These approaches won't just help you to conquer your PCOS naturally, they will literally help you to save your life. Now that's great news!

You don't have to struggle with Polycystic Ovary Syndrome, and it's so nice to no longer have to deal with the multitude of horrible PCOS signs and symptoms. My *PCOS Weight Loss* program, incorporates low glycaemic load, gluten and dairy free, and virtually holds your hand through this exciting journey.

It's time to get your health sorted.

From PCOS to perfect health, with love,



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