

Conquer Your PCOS

Your Special Free Report

Genesis of your PCOS

In our world of unhealthy and stress driven lifestyles, syndromes like PCOS have found a free sanctuary to flourish. You may be surprised to know one in ten women of reproductive age suffer from PCOS.¹

PCOS does not simply affect your ovaries, as the name might imply. PCOS affects your hormones, growth, mood, energy, your whole body. If not addressed, it also predisposes you to a plethora of chronic metabolic disorders like type II diabetes, obesity, heart disease, high blood pressure, cancer and more.

WARNING - the unknown reason you could pass PCOS onto your daughter, and the single thing you must do to prevent not only passing PCOS onto your daughter, but also onto your granddaughter!

Besides having profound effects on your life and health, PCOS can also potentially affect the future health of your baby and future granddaughters – through epigenetic programming whilst in the womb. This programming can predispose your future children to insulin resistant conditions like diabetes and obesity. It can also increase the likelihood of your future daughters, and granddaughters (if you growing baby is female, her eggs are developing inside her whilst in your womb), suffering from PCOS and its complications.² Providing a nurturing environment for your baby whilst in your womb by being your ideal weight – or as close to as possible - and improving your insulin sensitivity will help prevent future risk to your children.

Like us women, PCOS can be difficult to fathom. The causes of PCOS are believed to be manifold; a hodgepodge of faulty lifestyle, dietary and toxic effects.

What really causes PCOS

Two drivers stand out in the genesis of PCOS:

- Insulin resistance

- Inflammation

Insulin resistance is a condition where our cells may not correctly recognize, or use, the hormone insulin secreted by our pancreas. It is a hormone that manages the metabolism of sugars or carbohydrates in our body, amongst other duties.

Epidemiological studies indicate that insulin resistance is due to faulty diet, lifestyle, excessive stress and toxic overload. Insulin resistance is the most integral part of having PCOS. 44 to 70% women with PCOS suffer from insulin resistance irrespective of whether they are fat or thin.³ However, women who are obese have an increased risk of developing insulin resistance.⁴

Inflammation is an underlying cause of dis-ease that is rarely identified, let alone appropriately addressed. This is no different in PCOS women, regardless of age.²² Young woman with PCOS were found to have elevated markers for inflammation.²³ Even before you begin to develop the telltale signs of PCOS, you may be suffering from chronic low grade inflammation affecting every part of your body.

Poor eating habits contribute to both insulin resistance and inflammation. Food allergies and intolerances – foods like gluten, artificial colors, flavors, preservatives and chemicals trigger immune responses. Our immune system is not trying to harm us, in fact it is trying to protect us. When our acute reactions become chronic, however, we have a health challenge on our hands. Sometimes, our body will destroy not just the allergens, but also some of our own precious body cells. This condition, known as ‘autoimmunity’ is one reason for inflammation. It may also be a reason why autoimmune diseases like autoimmune thyroid disease and PCOS exist together.⁵ Other times, our body is responding to a toxic internal or external environmental insult.

“The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.”

–Thomas Edison, Inventor of the light-bulb

Obesity, which shares a ‘who came first - the chicken or egg?’ kind of a relationship with PCOS, also contributes to the body-wide inflammation. Out-of-control fat cells are notorious for triggering inflammatory changes in our body tissues.⁶

What are the RIGHT foods to help you conquer your PCOS, lose weight and improve your fertility

Food is like a double edged sword. On one hand, poor food habits can cause or exacerbate your PCOS. On the other hand, correct food choices can heal your body, mind and soul... and your PCOS. Food is absolutely among the best medicine for conquering your PCOS. Modifying your eating habits can help you shake off those extra pounds, empower your thyroid, normalize your gut, detoxify your liver, balance your mood and energy levels, and conquer your PCOS. It can help you cradle your own healthy bouncing baby by battling your infertility. The right food choices set the foundations for success in optimal health, not just overcoming your PCOS. Strengthening your body is THE best way to help your body. Far more powerful than the toxic hormonal treatments traditionally given to women with PCOS, which not only treat one symptom and may leave behind a legion of side effects, but also increase insulin resistance and inflammation – the drivers of PCOS.

The ‘RIGHT’ food for your PCOS-

Low Glycemic Load (GL)

You need to look to food to overcome the metabolic mess that is PCOS. *Diets* may make tall claims about their miraculous effects, however, few will optimize your health or fix your PCOS! Do not consider yourself to be on ‘a diet’. 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, optimal, healing, food-plan!

What food plan will help you to conquer your PCOS?

Look to nature!

Nature provides the right mix of nutrients. It also provides low GL. The only food

plan that lets you develop and maintain your health, and deal with obesity and your PCOS, is the ‘**Low Glycemic Load (Low GL) food plan**’.

Why Low GL?

Low Glycemic load is the best way to combat insulin resistance and obesity; two formidable opponents in PCOS. Low glycemic 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 ingested. Often fantastic high GI foods such as watermelon are low GL foods 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 low carb food plans in the guise of meat, egg and cheese diets are healthy for weight loss. You need nutrients to successfully and healthily 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.

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

Tip: Do not starve yourself to lose weight. This is not sustainable, and not healthy. Very low carbohydrate food plans are successful in weight loss, but very low calorie means stress on your arteries.

Refined flour, white rice, sugar, processed foods, and fruit juices contain simple carbohydrates. As simple sugars get stored as fat, and spike your insulin levels, gorging on simple carbohydrates is a poor health choice.

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: Although we do not yet know why, milk has been shown to spike your insulin levels as much as white bread. This really is best avoided.

Protein Power!

Good lean proteins are a must when you are trying to overcome PCOS and infertility. Proteins have a low glycemic load. They maintain the balance of your blood sugar levels, and lend a helping hand out with lowering insulin fluctuations are meal time. Research studies have proven that including good lean proteins along with a low GL foods boosts your body's metabolism, helps in weight loss and insulin resistance in women with PCOS.⁷

Proteins provide your body with a steady supply of amino acids that help in building and repairing all our body tissues. Also, they are one of the important ingredients in the manufacturing of all our hormones and enzymes. Protein helps maintain your muscle mass, which is important for your metabolism. Plus, they keep you full, longer. Unlike fats and carbohydrates, our body cannot store proteins. Which is why, we need a steady supply of good lean proteins every single day.⁸

How to meet your daily protein goal?

There are many different ways of including healthy proteins in your daily food intake. Starting 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 savory middle-eastern garbanzo dip. (Recipes are included as a bonus in our 12 week 'Conquering Your PCOS' home study course). Steamed fish seasoned with fresh herbs, lemon with a dash of extra virgin olive oil is a heavenly delight packed with lean proteins for dinner. Toss in some cooked black beans, garbanzo beans, sprouts, shredded, grilled chicken or turkey breast or coarsely chopped hard-boiled eggs in your salads, and *voila* you have met your daily protein goal!

Friendly Fats

I cannot overstate how important it is for you to include good fats in your food plan - daily. This is pivotal to your overcoming your PCOS, in becoming well, and

in reclaiming your fertility. The right type and right amounts of fats like the Omega 3 and Omega 6 fatty acids are a must. We tend to have a significant imbalance in the ratio of omega 3:6 fats in our modern diet, favouring omega 6 fats. We have been conned into believing all cholesterol and saturated fats are bad for us, that they are the reason for our heart disease and the like. Did you know without these you'd be dead - quickly? If you squashed the water out from your brain, do you know what makes up a big part of what you have left? Fat and cholesterol! In fact, every cell in your body depends on fat and cholesterol to operate and thrive. It's when fats become damaged from heat, oxygen and processing that it damages our health.

Healthy fats help improve insulin sensitivity.⁹ Good fats help to reduce inflammation, boost ovulation, improve fertility, and help to appropriately regulate blood cholesterol levels.

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 (there is a marked difference between organic and non-organic). You can also choose a variety of vegan sources for your healthy fats like olives, avocados, nuts like almonds, pistachios, chestnut, cashews, pecans, and seeds like sesame seeds, flax seeds, sunflower seeds etc.¹⁰ However, stay away from the unhealthy fats like those that have been heated, exposed to oxygen or damaged in processing.

Going nuts

Nuts like almond and walnuts are great sources of protein, omega 3 fatty acids, B vitamins, Vitamin E and fertility boosting minerals like copper, manganese, magnesium and potassium. The abundance of antioxidants in the nuts puts them in the category of 'super-foods'.

F. Y. I- Walnuts were a symbol of Fertility to the Romans!¹¹

Veggie Indulgence

Indulge in plenty of yellow, red, orange, green, blue and purple fruits and vegetables. The richer the colour, the higher the 'phytonutrients' in the fruits and veggies. Bringing variety to your food-plan by including various organic fruits and veggies from different colour spectrums also increases many other nutrients.

Organic is the word

Conventional farming tarnishes your food with deadly insecticides, pesticides, hormones, antibiotics and more. This adds toxins, but also requires valuable ingested nutrients to be spent detoxifying our body from these toxins. Choose nutritious and safe organic fruits, vegetables, eggs, poultry and meat products wherever possible.

No stress = no trigger for PCOS?

Stress and the hormonal commotion that comes with it, have strong ties with the development of 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 that are found in women suffering from PCOS are strikingly similar.¹³

Stress can affect your ability to effectively adopt the right food choices and exercise routines vital for overcoming PCOS. Hence, choosing the right ways for you to manage stress is one of the most important steps towards overcoming PCOS. Unless you deal with your stress, your attempts at overcoming your PCOS and reaching optimal health will not be successful.

7 tips to de-stress yourself to better health and a longer, happier life.

Getting stressed-out may be a common phenomenon, so much so we think it’s normal. Often, we have been under stress so long we don’t even realise we are stressed. You need conscious and deliberate efforts in order to deal with stress and maintain your health.

1) One important way is to look to the rich heritage of oriental and traditional Holistic practices. Holistic techniques like Yoga, Tai-chi and Qi Kung help in

5 Foods that fight Stress

- Walnuts
- Oats
- Salmon
- Green tea
- Spinach

that stress related hormonal changes that contribute towards PCOS are seen even in babies that are still in their mother’s womb! Various research studies done in this field point to the fact that chronic stress can cause, complicate and intensify the symptoms of PCOS.

Evanthia Diamanti-Kandarakis, Frangiskos Economou, Stress in Women, Metabolic Syndrome and Polycystic Ovary Syndrome, Annals of the New York Academy of Sciences, Volume 1083, Stress, Obesity, and Metabolic Syndrome pages 54–62, November 2006

relaxing your mind and enhance your mental resilience for handling stress. Not to mention they are great for your body too.

2) Chiropractic care is wonderful for improving balance and decreasing stress levels.

3) Therapies like acupuncture, aromatherapy and reflexology have been successfully used to calm a busy brain and body.

4) At home techniques like progressive muscle relaxation, visualisation, breathing exercises, and meditation are also beneficial in balancing your body-mind energies, which play a major role in deciding your ability to deal with stress.

5) Enough sleep is crucial.

6) Exercise. After all, those happy hormones released from exercising are wonderful relaxants.

Tip: next time you feel stressed, run briskly up and down on the spot for 20 seconds.

7) Last, but certainly not least, food. What you put in your mouth has a large bearing on your stress levels. As women, we know this to be true – just remember back to the last time you reached for a chocolate to soothe your soul. Cultivate healthy food habits like those above – fish, walnuts, even a little chocolate - just chose organic, dark, and eat a little. Foods that increase your levels of B vitamins, Zinc, omega 3s, magnesium and healthy proteins are great.

Tip: when eating chocolate, take one piece. Hold it to your nose, and take a deep breath in. Smell. Slowly place it on your tongue, feeling the texture. As you close your mouth, taste the burst of flavour. Savour... A small amount of dark chocolate occasionally is good for the soul, and the body. One study showed a small amount less than twice per week may decrease heart disease. And actually smelling chocolate was found to help weight loss!

**The little known, over consumed culprit that is wreaking havoc on your skin!
And the steps you can take to achieve positively glowing, blemish free skin.**

For many women with PCOS, the most self-esteem damaging symptom they face is acne. The constant breakouts, the unsightly spots, make flawless skin seem like an unreachable dream.

What is the little known, over consumed culprit that wreaks havoc on your skin? SUGAR! Sugar causes a rapid spike in insulin levels. Higher insulin levels mean higher testosterone levels. Testosterone goes to work on the oil glands in your skin (especially on your face and upper chest). Excessive oil, skin cells retaining their bonds abnormally and clogging up the pore, and a wonderful growth medium for acne bugs.

From pimply skin to perfect complexion

Start today! Say no to this tempting, two-faced culprit that can both ruin your skin, while seductively and temporarily soothing your soul. Avoid refined sugar in all its disguises.

Like every other issue in PCOS, food is a powerful weapon. For achieving your dream of that perfect flawless skin – eat plenty of fibre, organic fruits and vegetables, and some gluten free whole grains. A multivitamin supplement will help heal your skin. Include Zinc, Vitamin A, C and E ²¹. Fish oils are also fantastic.

6 foods that fight acne

- *Almonds*
- *Organic turkey liver*
- *Fish*
- *Green tea*
- *Purple Red Fruits and veggies*
- *Paprika*

And don't forget the water! Drink plenty of pure, filtered water to help your skin cleanse itself and to stay hydrated.

A one secret training tip to help you manage your blood sugar levels

The secret training tip that I have in store especially for you is called ‘**interval training**’. This has been proven to improve your insulin sensitivity and so manage your blood sugar levels better.

What is ‘Interval Training’ all about?

Interval training means combining short intervals of high intensity bursts of speed - like a fast sprint, cycle, row, or swim followed by a period of relative rest, followed by another sprint and so on. This training is normally used by athletes to increase their endurance and stamina.

Why is Interval Training important for you?

As opposed to a continuous workout that leaves you time poor at the end of your session; interval training lets you accomplish amazing changes in your body, in a shorter time. It helps you regulate your insulin levels, and helps you burn more body fat and calories than any other work-out.¹⁴

Also, interval training helps you push your limits and develop a winning attitude towards life!

Spice up your life – a common spice can help balance your blood sugar levels

Balancing the hormonal imbalance of PCOS can seem difficult to accomplish at times. However, there are many simple solutions. One simple solution is, most likely, in your own kitchen pantry. **Cinnamon**. Cinnamon has been shown to help with blood sugar levels, and is great for women with PCOS.

Insulin resistance sits like a spider in the centre of the hormonal web of PCOS. Research studies have proven that Cinnamon helps improve insulin sensitivity.¹⁵ Easy to use, it tastes great too.

5 ways to balance your hormones, leading to improved sleep, better energy, and less mood swings

PCOS can make you sleepless, tired, moody and irritable. Here are five ways to balance your hormones:

Amazing Interval Training

Interval training is wonderful for boosting your body's metabolism. This can boost your metabolism for up to a 24 hours period after the work-out.

Interval training has also been shown to improve insulin sensitivity and increase fat loss. Improving your fitness while maintaining your muscle mass is

1. Substitute meats, gluten and dairy products with nutritional sources like fish, eggs, nuts, seeds, fruits, vegetables, gluten free whole grains and legumes. This significantly reduces the levels of excess testosterone in your body. When you bring your wayward testosterone under control, you not only lessen excessive hair growth over time, but you improve your chances of being happy and overcoming your PCOS.
2. Exercising and practicing oriental moving meditation techniques like Yoga, Tai Chi, or Qi Kung will help you balance your energies. Practicing Yoga and Meditation will also help you deal with stress and negative emotions. Exercise produces 'Happy Hormones' that boost positive emotions in your mind. Exercise also helps insulin sensitivity.
3. Cut down on processed and sugary foods like breads, cakes, pasta, sweets and baked goodies. The lack of fibre and nutrients, with plus sugar, unhealthy fats, additives and preservatives cause a myriad of problems, from estrogen dominance (one culprit behind a 'grouchy' you), to insulin resistance, gut issues and cravings.
4. Cut down on your coffee and alcohol and give up smoking. These adversely affect your health, your fertility, your ability to heal, detoxify and de-stress.
5. Your food may not be providing your body with all its required nutrients. When it comes to your emotional and psychological health ensuring a steady supply of nutrients is also essential. Supplements like Theanine will help you relax and make your brain alert and sharp. This otherwise inexpensive supplement is also found in green tea. B vitamins, zinc, magnesium, and calcium are also essential for calming crabbiness.¹⁶

I want to become a mum, but...

PCOS can cause infertility, or subfertility. The fertility health concerns, however, do not end once conception occurs. Those women with PCOS who

are fortunate to conceive, face complications that can jeopardize their health and the health of their precious growing baby.

30 to 50% women with PCOS go through miscarriages in the first trimester (first three months) of their pregnancy.¹⁷ One study reported 82 % of women who suffer from repeated miscarriages in the first three months suffer from Polycystic ovaries.¹⁸ Also, PCOS can give rise to potentially serious and fatal complications like:

- Pregnancy induced hypertension—i.e. abnormally high blood pressure during pregnancy
- Gestational Diabetes- i.e. diabetes induced by pregnancy
- Preterm delivery – i.e. delivery before the completion of 37 weeks of pregnancy

2 important reasons you have a higher risk of miscarriage

Hormones to blame

PCOS stems from hormonal imbalances. It is no different when it comes to pregnancy complications. Insulin resistance, high levels of the hormone LH, excess of testosterone and other hormonal imbalances can cause pregnancy loss and other pregnancy complications of PCOS.¹⁹

In fact, abnormal LH levels, and low progesterone levels are two reasons why you have a higher risk of miscarriage.

How you can make simple changes to dramatically increase your chance of giving birth to a happy, bouncing baby

Shed those pounds

I can hear you saying ‘I’ve tried before, and I can’t lose weight’. Believe me, I know how hard it can be for a PCOS woman to lose weight. Once you know how, what and when, to eat it is entirely possible. I address this in both my book and 12 week course. If you need to lose weight, do so before you conceive. Obesity during conception and pregnancy is associated with higher risk of pregnancy

induced diabetes and hypertension. Losing a mere 5 to 10 % body weight can restore your fertility.²⁰

Detox your system

Environmental toxins like mercury, lead, PCB's, and phthalates, toxins in your food, household and personal products are omnipresent in the world we live. They are not good for your health, the health of your baby while in your womb, and once born, and the rest of your family. Take simple steps to detox your body, and your home

- Purge your house of all chemical cleaners, solvents and cosmetics and shift to natural, organic and environment friendly substitutes. There are some fantastic companies specialising in this. Items such as vinegar make great cleaners.
- Give special attention to the health of your liver, colon and kidneys which are major 'toxin treatment plants,' that work in your body 24X7. Detoxify your body by our simple detox routines (for details refer 2@#\$%^&) that enhance your health and get you ready to have a bouncing baby of your own.

5 tips to aid baby making

1. **Vitamins and antioxidants**- Add plenty of organic fruits and vegetables in your food. These humble foods are packed with many nutrients and antioxidants that fight infertility as well as pregnancy complications.
2. **Vegan Proteins**- Beans of all shapes and colours, fermented soy products and spinach are packed with healthy vegan proteins. Vegan proteins are known fertility boosters.
3. **Fertility fats** - Omega 3 and Omega 6 fatty acids are crucial for your fertility. Include fish (not more than 3 times a week, wild preferably), nuts, seeds, avocados, olives and fish oil (or flaxseed oil for vegetarians) in your food-plan.
4. **Gluten free whole grains** - Whole grains with a low glycaemic index can help you fight your insulin resistance. With insulin sensitivity improved, the chances of becoming pregnant and delivering a healthy bouncing baby are much improved.

5. **Relax!** Stress drops fertility. Period. If your body thinks it is fighting the proverbial sabre tooth tiger, your energy is diverted to survival, not propagation. Learning to de-tress is so important I have dedicated a whole chapter to it in my book, and a module in my course! Stress when pregnant can also cause stress pathways in your growing baby to be altered, for the worse.

By educating yourself about PCOS, you can take overcome infertility, pregnancy complications, and secure a healthy future for you and your baby.

Remember. Knowledge is power. But, no education is worthwhile if not put into practice. **You** are the one responsible for your health and the changes you make – or not. You determine how healthy you are, and will be, by your choices. For the sake of not only your future, but that of your loved ones, please choose to Conquer Your PCOS. Drugs are NOT the answer. As Dr James Chestnut says, it all comes down to how you eat, move and think.

Regards,

Dr Rebecca Harwin.
www.ConquerPCOSblog.com

P.S. As part of your FREE special report, you have also been given two bonuses!

BONUS ONE: You have been given a free subscription to our regular newsletter – delivered straight to your inbox. We will bring you cutting edge research on PCOS and wellness, plus special offers. We will even answer questions from readers, like you.

BONUS TWO: ‘How To Improve His Fertility’ special FREE report. This report shows not only how to improve his fertility, but how to improve the health of his sperm, and to improve the health of your future baby.

Just email us at conquerpcos@gmail.com with your name and preferred email address, and we’ll get your bonuses right to you!

Don't forget to tell you friends and loved ones how to sign up for this free report. It may just transform, and in the long term save, their lives.

Dr Rebecca Harwin is an expert in the areas of health, wellbeing and PCOS. She has completed three undergraduate degrees, with majors in Biology, Anatomy and Physiology. Further study includes paediatrics, health, nutrition and the requirements for wellbeing.

The author of *Conquer Your PCOS* continues to write to empower women with PCOS to overcome their condition to lead a long, optimally well life.

She has designed a comprehensive 12 week home study course 'Conquering Your PCOS' specifically to guide you through implementing the steps needed to overcome your PCOS, and live a healthy, happy, long life.

See www.ConquerPCOSblog.com for information on PCOS.

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