

Polycystic Ovarian Syndrome (type 1)

One of the reasons that there is so much confusion about PCOS is that it is not one condition. PCOS can be divided into 2 main types. This is important, because each requires a different treatment.

Classic PCOS has the symptoms of weight gain, failure to ovulate, infrequent periods, infertility, facial hair, acne, hair loss and a predisposition to diabetes. The key feature is high testosterone on blood test.

The high testosterone is actually the side effect, rather than the cause. In type 1 PCOS, the real underlying issue is insulin resistance and leptin resistance. Improper signalling from these metabolic hormones inhibit ovulation and cause the ovaries to produce testosterone. It is a problem with the metabolic hormones that is the main cause of weight gain. The symptoms of excessive testosterone, such as acne and facial hair growth will improve when insulin and leptin sensitivity improve.

Possible Causes and Contributing Factors:

- Insulin resistance caused by:
- Leptin resistance
- Too many refined carbohydrates in diet, especially flour & sugar
- Trans fats
- Smoking
- Environmental toxins such as BPA
- Birth control pill

Suggested Dietary/Lifestyle Changes:

- Restrict carbohydrates for 6 weeks
- Lots of vegetables and good fats
- Eliminate refined sugar

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