

Polycystic Ovarian Syndrome (type 2)

What if you have confirmed PCOS but your insulin and blood sugar are normal?

The ultrasound may show multiple, underdeveloped follicles. LH may be elevated and periods do not occur regularly. Testosterone may be high to normal. If testosterone is normal, the acne and facial hair exist because estrogen is too low (compared to testosterone). Bodyweight can be normal.

In insulin-resistant Type 1 PCOS, the ovaries are prevented from ovulating because of insulin. In Type 2 PCOS, the ovaries are prevented from ovulating because of something else.

Possible Causes and Contributing Factors:

- History of birth control pill
- Vitamin D deficiency
- Environmental chemicals that mimic estrogen
- Trans fats
- Adrenal stress
- Thyroid disease
- Low fat intake
- Leptin deficiency

Suggested Dietary/Lifestyle Changes:

- Avoid cow's milk
- Do not take birth control pills
- Reduce exposure to hormone disrupting chemicals

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.