



iParenting Family News

Nutrition Tips for Women Suffering from PCOS

PCOS is a disorder in which benign cysts form on the ovaries and prevent conception, while also affecting a woman's menstrual cycle, fertility hormones, insulin production, heart, blood vessels and appearance. Approximately one in 10 women of childbearing age suffer from PCOS, while 30 percent of women exhibit symptoms, according to Pulling Down The Moon, a pioneer Integrative Care for Fertility (ICF) service.

Dr. Lauren Weiss, director of nutrition with Pulling Down The Moon, says that despite affecting such a large population of women, few are aware of how manageable and treatable the condition actually is. "Ironically, PCOS patients are actually the lucky ones in that they can control the syndrome," she says. "Approximately 70 percent of women I see with PCOS have significant changes to their reproductive system as a result of our specially designed programs. I have even seen women who were told they could only conceive through IVF, achieve pregnancy naturally."

Dr. Weiss offers the following everyday nutrition tips for women with PCOS:

- Lose weight if you are overweight. Even a 5 percent reduction in body weight can improve conditions.
- Eat a low glycemic diet. Generally the more "white" and "refined" the higher the glygemic index.
- Avoid soda, fruit juice and any beverages that raise blood sugar levels.
- Consume adequate amounts of healthy protein such as turkey, chicken, bison, avocado olive oil, nuts and seeds.
- Eat lots of fresh vegetables and low-glygemic fruits such as raisins, pineapple, dates and bananas.
- Eat complex, whole grain carbohydrates (i.e. brown in color, hearty breads, whole-wheat pasta).
- Increase dietary fiber.
- Take good supplements to help decrease the Luteinizing Hormone (LH), such as magnesium, B vitamins, women's multivitamin and mineral complex and more.
- Eat a warming diet. Avoid cold foods such as salads, cold drinks and raw foods, that are harder to digest and drain vital life energy from the system.