



healthcare for the whole family

## ***Hormonal Healing and Polycystic Ovarian Syndrome (PCOS)***

**Q:** I have just been diagnosed with Polycystic Ovarian Syndrome (PCOS). Is there any Naturopathic treatment for this condition?

PCOS is a hormonal disorder in women where their testosterone and blood sugar are out of wack. This condition is more common than you might think. Typical symptoms can include: irregular menstruation (from heavy, to sporadic, to none at all), abnormal hair growth, acne, fertility problems and weight gain. Oftentimes, this condition is not diagnosed until fertility becomes an issue. It is very important to get diagnosed and treated if you have this condition because PCOS patients are at an increased risk for diabetes, hormone-linked cancers, and heart disease. With Naturopathic treatment, I focus on both hormonal regulation and blood sugar control. Weight loss is also important—as studies have shown that losing weight has great benefits for controlling blood sugar and regulating testosterone levels. You will not lose the weight if your blood sugar is too high. I also work on prevention of heart disease and fertility issues (depending on where the patient is in her life). For hormonal regulation and blood sugar control, I may use a mixture of herbs, homeopathy, acupuncture and dietary changes. PCOS is a condition with which Naturopathic treatment can work great alongside conventional medical treatment. A lot can be done naturally to improve this condition. If this syndrome is or could be an issue for you, come into A New Leaf and become proactive with PCOS and your hormonal health!