



WOMEN'S ISSUES, PCOS & FERTILITY

- Do you diet... only to gain weight back again?
- Do you wonder if your metabolism is okay?
- Why is the female body higher in body fat than males?
- How do female hormones affect nutritional needs?
- What about body image, weight and emotional eating connection?
- Pregnant or trying to conceive? What should you eat?
- How do PCOS or metabolic syndrome relate to food?
- Does stress have anything to do with your weight?
- Is PMS the cause of unusual eating patterns?
- Do you see "midlife" changes in your food or weight?
- Are you at risk for osteoporosis?
- Do you struggle with diabetes, insulin resistance, or heart disease?

Did you know that women have heart disease, osteoporosis, arthritis, autoimmune disease at a greater rate than men? Female hormones, body fat, and eating styles can work with you or against you. You can feel in control of your eating and body again through right types of food and nutrition counseling.

Benefits of Bodyfuel, Inc. nutrition counseling:

- Change in body fat or the way clothes fit
- Increased strength, energy and endurance
- How you feel about yourself or your appearance
- Improved bone health, decrease stress fractures and injuries
- Improved cholesterol, glucose, triglycerides and other lab values
- Increase a personal trust for internal hunger cues

What is Polycystic Ovary Syndrome?

PCOS is an endocrine disorder that may affect up to 5-10% of women in America of childbearing age. PCOS is often characterized with high androgen levels (male hormone), insulin resistance. Tiny cysts may surround the ovaries, but not always. The cysts appear to be the result of hormonal imbalances. Early diagnosis and treatment can help prevent chronic illness such as diabetes, metabolic syndrome, hypertension and endometrial cancer. Diagnosing PCOS as an adolescent or earlier is common today and can help reduce long term medical illness and infertility.

Some possible indicators of PCOS may include:

- A family history of PCOS, especially mother, sister, or grandmother
- Excessive abdominal weight (> 35 inches)
- Difficulties losing weight despite diet and exercise
- Heavy, irregular, or absent menses
- Intensive carbohydrate cravings
- Hypoglycemic episodes
- Male pattern hair growth (chest, face, back, lower abdomen, fingers, toes)



Hair loss from head

Nutrition can make a difference in making progress with PCOS. Bodyfuel, Inc. has an evidence based protocol and collaborates with your other health partners for treatment that works and changes your weight, body composition and fertility outcome.

Fertility and Nutrition

Fertility can be affected by many variables such as hormonal levels, body fat, activity, and stress. Over or undernutrition can affect fertility as can changes in nutrient types and calorie level. Bodyfuel, Inc. will evaluate, body composition, nutritional status and present food habits to individualize results. Nutrition can make a critical difference whether you are overweight or under weight, or at normal weight in balancing the endocrine system.

Nutrition can help:

Regulate menstrual cycle.

Decrease stress and anxiety associated with infertility.

Normalize hormone and endocrine systems.

Improve blood flow in the uterus.

Decrease chance of miscarriage.

Increase the chance of pregnancy for women undergoing in vitro fertilization (IVF).

Contact Sally for more information