



PCOS Challenge

E-ZINE

VOLUME 1 - JANUARY 2014

*Turn Your Resolutions
Into Reality*

TEN FAT LOSS SECRETS

PCOS Nutrition

What is the Glycemic Index?

ADVICE FROM THE EXPERTS

New on PCOS Challenge Radio:

PCOS Metabolism & Dr. Louise Answers Your PCOS Questions

CONTENTS

Introduction

p. 3

Upcoming Events

p. 4

Turn Your Resolutions Into Reality

p. 5 - 6

Ten Fat Loss Secrets

p. 7

PCOS Nutrition

p. 8

Meet our Sponsors

p. 9

Advice From the Experts

p. 10-11



Disclaimer

The contents of PCOS Challenge eZine including text, graphics, images and other material contained on the PCOS Challenge Websites ("Content") are for informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this eZine or on a PCOS Challenge Website!

If you think you may have a medical emergency, call your doctor or 911 immediately. PCOS Challenge does not recommend or endorse any specific tests, physicians, products, procedures, opinions or other information that may be mentioned on the websites. Reliance on any information provided by PCOS Challenge, PCOS Challenge employees, individuals appearing on the websites at the invitation of PCOS Challenge, or other visitors to the Websites are solely at your own risk. The Websites and Content are provided on an "as is" basis.

New Beginnings

Welcome to our new PCOS Challenge e-zine. We are excited to bring you relevant PCOS news and articles in a new format.

In this issue, we share some useful articles to help you to boost your metabolism and stay on track with your weight loss or PCOS management goals.

We also have two very exciting PCOS Challenge radio show guests in the next few weeks. Diane Kress, NY Times best selling author of the book *The Metabolism Miracle* and other "Miracle" books, will be speaking about PCOS metabolism and giving her take on how to conquer metabolic syndrome. Dr. Louise Chang, creator of the educational HealthySmartsMD website that has a tracker tool to help keep up with PCOS symptoms and treatments, joins the radio show for an Ask the Doctor segment.

Read their articles and about their upcoming appearances on the show in this e-zine. Also, don't forget to email your questions for them to possibly get your questions answered on air!

In good health,

Sasha Ottey

PCOS Challenge, Inc.
Executive Director



ABOUT PCOSCHALLENGE.COM

PCOS Challenge, Inc. is a 501(c)(3) nonprofit. We are one of the largest and most active support organizations for women with Polycystic Ovarian Syndrome worldwide.

We touch the lives of women with PCOS and their supporters each year through cable television and radio programming, online and offline support groups, and education and awareness initiatives.

Since our programs began in 2009, we've helped many women find answers that helped them overcome their struggles with infertility, weight gain, anxiety and depression and reduce their risk for life-threatening related conditions.

IT COSTS A LOT TO BE FREE AND WE NEED YOUR HELP.

Help Provide Education and Support Resources
to the Millions of Women with
Polycystic Ovarian Syndrome



**CLICK HERE TO KNOW MORE
ABOUT HOW YOU CAN HELP.**

PCOS

CHALLENGE RADIO

ON THE AIR



JANUARY 29 2014 - WED
6:30 PM - 7:00 PM EST

[CLICK HERE!](#)

Diane Kress, a NY Times Bestselling author of *The Metabolism Miracle*, certified diabetes educator, registered dietitian, and person, joins Sasha Ottey on the PCOS Challenge radio show to speak about how to improve your PCOS metabolism and lose weight..



Do you have a question for Diane? Send an email to media@pcoschallenge.com up to 1hr before the show and your question may be answered on air.

FEBRUARY 5 2014 - WED
6:30 PM - 7:00 PM EST

[CLICK HERE!](#)

Louise Chang, MD is the founder of HealthySmartsMD which is committed to helping people with chronic health conditions live better, joins Sasha Ottey on the PCOS Challenge radio show to speak about ways to improve your life as a woman with PCOS.



Do you have a question that you want Dr. Chang to answer on the show? Send an email to media@pcoschallenge.com up to 1hr before the show and your question may be answered on air.



PCOSCHALLENGERADIO
is proudly sponsored by:

We salute NVN Therapeutics, our radio show sponsor, for their support and commitment to the PCOS community!

As a PCOS Challenge member, you are eligible for exclusive discounts on NVN Therapeutics medical food products for dietary management of PCOS. Just enter PCOS Challenge discount code PCOSFREEat the time of check out.

To learn more about NVN Therapeutics products for women with PCOS, listen to the PCOS Challenge radio show with NVN Therapeutics Director, Susan Derence and visit PCOSFree.com.

EVENTS!

ATLANTA PCOS CHALLENGE MEETUP
FEBRUARY 8, 2014 FROM 4PM TO 5:45PM
LOCATION TO BE DETERMINED BASED ON RSVPs.

Let's meet others in our area, share stories, and plan future PCOS Challenge awareness activities.

Turn Your Resolutions Into Reality



Starting The Year Right

Having Polycystic Ovary Syndrome (PCOS) is never easy. It's a lifelong commitment and the experience is quite unique to each woman. With PCOS having several symptoms that may not be the same for every woman, this experience can be quite confusing. Nonetheless, PCOS is something that you can overcome with the right mindset and support.

In the spirit of new beginnings and resolutions, PCOSChallenge.com would like to help you in setting and achieving your goals for managing PCOS. Together, we will fight the challenge with our heads held high!

Step 1: Know Yourself

Part of setting effective goals is being truthful to yourself. It's good to be optimistic and aim for a challenge, but do keep in mind that goals need to be SMART – Specific, Measurable, Achievable, Realistic and Time-Bound. Take time to write what you want to achieve – and be creative about it, feel free to grab colorful post-its and put them somewhere you can regularly see, or use your favorite phone app to set up reminders and track your progress. You can also invite your loved ones to join you or support you during this process so that they will also be committed to helping you achieve your goals.

Step 2: Knowledge is Key

Now that you've set your goals, it's time to understand the roads that will help you get there. Having the right information will help you define your options. With insulin resistance being at the core of PCOS, and numerous studies confirming that nutrition, exercise and stress management play important roles in insulin resistance and overall PCOS management, the natural first step is to figure out **a plan that is right for you**.

There are plenty of great tips and guidelines such as:

- Eat balanced meals with the right portion of macronutrients (some say 40% carbohydrates, 30% proteins and 30% fats; others prefer lower carbohydrate plans such as Paleo or Adkins; others advise controlling portions with small meals);

- Eat low glycemic index carbohydrates
- Don't skip breakfast! Eat within 30 minutes - 1 hour of waking up;
- Eat healthy fats (such as olive oil, coconut oil, avocado);
- Skip inflammatory oils (that begin with S or C - soybean, cottonseed, sunflower, etc.);
- Eat plenty of non-starchy and green leafy vegetables and lower sugar fruits such as berries;
- Figure out your food allergies and intolerance for things such as dairy and gluten;
- Take supplements such as Vitamin D, magnesium and Omega 3 Fatty acids (find out what nutrients you are deficient in);
- Do resistance and interval training exercise;
- Do yoga;
- Drink plenty of water;
- Get plenty of sleep;
- Meditate;

The list of things to do to get healthy can become lengthy and overwhelming. Many people succeed with making small, simple changes at a time; others choose to go all in and make drastic changes. It takes knowing yourself and your limits, to help you choose which path you want to take.

Awareness is all about arming yourself with education about PCOS. You can find useful information to help you get started at the PCOS Challenge Radio Show.

Step 3: Let's do it! Create an Action Plan

An action plan will help you get the most out of your goals especially in measuring your progress. Imagine your goal as the 'new you' that you want to achieve and keep this vision in mind. Although at times this is easier said than done, members at PCOSChallenge.com can help each other out. We encourage you to join and become active in some of these groups and help each other to achieve your goals:

PCOS Accountability Buddies - this group is for those who want to be accountable in making changes to their lifestyle.

Fitness with PCOS - group discussion on exercise and fitness tips aimed specifically at combating weight loss for PCOS.

PCOS Diet and Nutrition can help you customize your diet and nutrition plan, with actual tried and tested recipes from PCOSChallenge.com members.

Turn Your Resolutions Into Reality



Step 4 - Stay Encouraged!

Last but not least, be proud of yourself, your goals that you will accomplish, and your action plan! Believe in yourself and know that it takes great courage to take action and face your fears. Be kind to yourself when you make mistakes and know that you can get back on track. Track your progress and keep your records visible so that you can look forward to your next milestone.

You've already taken the first step, the rest will follow.

Here's one of our inspiring member's action plan called **Thirty Weeks of Slimming** and another called **Two Weeks Down**.

Comment on their blog post for encouragement and support, and share what your goals and action plans are.

So what are your goals and resolutions for this month, quarter, year? Send us pictures and videos of your goals and feel free to write in the comments – we'd like to know what you think!



BONUS RECIPE!

Flourless Banana Muffins



Ingredients:

- 2 ripe bananas
- 3 eggs
- 4 tbsp. Milled Flaxseed
- ½ cup almond milk
- 1 tbsp. vanilla extract
- ½ tbsp. cinnamon

Directions:

1. Put all ingredients in large bowl and blend together with masher. (You can also try mixing all ingredients in blender)
2. Spray cupcake tray with Pam or Coconut oil.
3. Distribute mixture evenly in tray and bake 375° F for 25-30 minutes.

(Makes 10-12 muffins.)

4. Optional-drizzle a little honey when ready to eat.

Help Provide Education and Support Resources to the Millions of Women with Polycystic Ovary Syndrome

Why Donate to PCOS Challenge?

Your gift will help PCOS Challenge, Inc. raise public awareness about Polycystic Ovary Syndrome (PCOS) and related conditions as well as provide critical education and support resources to women with PCOS and the medical community.

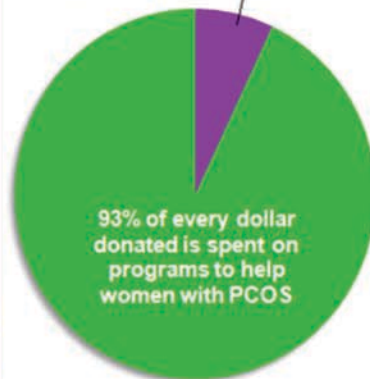
Our programs help women overcome their struggles with infertility, weight gain, anxiety and depression and reduce their risk for life-threatening related diseases.



Click [HERE](#) to learn how you can help.

2014 BUDGETED EXPENSES

7% of donations are spent on general, fundraising and administrative costs



93% of every dollar donated is spent on programs to help women with PCOS

10 FAT LOSS TECHNIQUES

By: Joe Buabeng CPT
<http://fitnessoptimist.com>

1. There is no one diet that is “the best” or will work for everyone.

Use your own body as your guide and let your results be your indicator of whether or not you're doing what's best for you. Always pay attention to what your body tells you, NOT what somebody else is doing.

2. The best way to measure your fat loss is by using a mirror!

No matter what the scale says, how you look and feel is always more important than numbers. You can reconfirm your progress by taking body measurements and taking pictures, but if you look good...you look good and it doesn't matter what the scale says.

3. Omega 3's are an absolute must for fat loss.

Make salmon, sardines, flaxseeds, walnuts and a high quality Omega 3 supplement a part of your daily meal plans. The difference with and without them is incredible!

4. You must be moving your bowels regularly in order to see your body lose fat (2 - 3 times per day, preferably 3).

If you're not, sip on water with lemon and a pinch of cayenne pepper all through the day until you have reached 2-3 bowel movements per day. You can not eliminate bad fat if your body is holding on to all that sludge in your intestines.

5. You absolutely cannot out exercise bad nutrition.

Your workouts are 20-30% of the fat loss equation and nutrition is 70-80%. If you're exercising regularly and not seeing fat loss results, you must make an adjustment to your nutrition.

6. Cheat days (or an off day) are absolutely essential to the fat loss equation.

Take one day out of the week and eat whatever you like but without gorging yourself. It will not only give you a metabolism boost but it is a great mental break when following a fat loss meal plan.

7. If you are eating wholesome, un-processed foods, you can eat massive quantities all day and still lose fat and get lean.

If your day is filled with natural proteins, fruits, vegetables, raw nuts and healthy oils, you'll never have to count a single calorie ever again.

8. Fat loss is not only about what you eat and how you train but also about the thoughts you have each day.

Stop your pessimistic talk and outlook and start to see things on the bright side and your success will be much faster.

9. Working out is not just about the exercises you do at the gym.

The leanest and most fit people lead active lifestyles...play with their kids, take dogs for a walk, keep busy around the house. How do you spend your day?

10. Finding a support system, group or partner almost doubles the rate at which you will see fat loss results (and maintain them).

Find and establish your own support system (spouse, co-worker, online group) and let them know EXACTLY (be specific) what your goals are. Hope that helps you start the New Year lean and get rid of the holiday excess.

PCOS NUTRITION

What is the Glycemic Index?

The **Glycemic Index (GI)** is a way to gauge how much a carbohydrate-containing food can raise blood glucose (blood sugar).

Foods with a high GI are more easily digested and absorbed by the body, causing greater fluctuations in blood glucose levels in the body. Lower GI foods are digested and absorbed by the body more slowly, resulting in a more sustained effect on blood glucose levels.

Carbohydrates are found in fruits, vegetables, grains, and many processed or packaged foods. The body breaks down carbohydrates we eat into glucose that the body's cells can use for energy. Foods with high GI are converted to glucose more quickly.

Some general concepts to keep in mind:

- Fiber can lower the GI.
- Ripeness can increase the GI.
- Cooking time can increase the GI.
- Varieties of a food may have varying GI levels.
- More processed foods generally have higher GI levels.
- Acidity may help to lower the GI of a food.

Both the type and amount of carbohydrates eaten can impact your blood glucose levels. Glycemic index gives you an idea of the type of carbohydrate in food. If your meal contains a food with a high GI, you can help balance the affect on blood sugar with the addition of a lower GI food. Adding protein or fat can also help lower the GI of a food. For example, adding a slice of turkey onto a piece of bread will lower the GI.

Glycemic index doesn't tell you about the amount of carbohydrate eaten, so portion control is important. It also doesn't tell you about the nutritional value of a meal. Many foods with high GI are also very nutritious.

Additional benefits: Lowering the overall GI of your diet will promote a greater sense of fullness, so you eat less. It can help with maintaining weight loss and may also help with cholesterol levels.

Dr. Louise's tip: There are values to designate high GI (70 or higher), medium GI (56-69), and low GI (55 or less), but you don't have to memorize or carry a list around with you all the time. Understanding basic concepts can help guide your food choices to improve balance without feeling too restrictive on a day-to-day basis.

Have you been making an effort to eat a lower GI regimen? Update your tracker.

Answers:

Oatmeal (old fashioned),
Pasta (al dente), Apple,
Orange,
Basmati rice

Louise Chang, MD is the founder of HealthySmartsMD which is committed to helping people with chronic health conditions live better.

Dr. Chang is a physician at Grady Memorial Hospital in Atlanta, Georgia and adjunct assistant professor of medicine at Emory University. As senior medical editor at WebMD, she was recognized for award-winning health news, videos, and special projects.

Dr. Chang is a graduate of Stanford University and New York Medical College. She completed her residency and chief residency at Saint Vincent's Hospital Manhattan. She is a member of the American College of Physicians and Society of General Internal Medicine.



*Choose the food with the lower
GI (Glycemic Index)*

Oatmeal (old fashioned) or
Oatmeal (instant)

Pasta (al dente) or Pasta (well done)

Apple or Ripe banana

Orange or Orange juice

Basmati rice or Short grain white rice

(Correct answers at the bottom page)

*Test your
Glycemic Index
knowledge!*

PCOS CHALLENGE RADIO SPONSOR

We salute NVN Therapeutics, our radio show sponsor, for their support and commitment to the PCOS community!

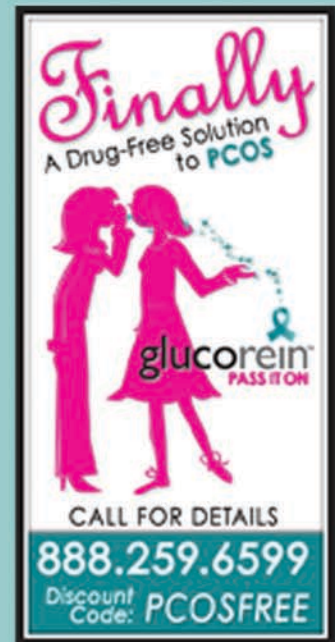
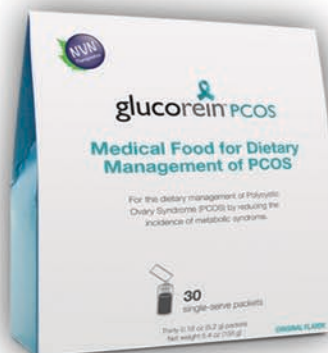
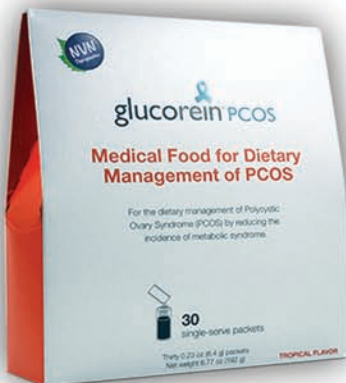
As a PCOS Challenge member, you are eligible for exclusive discounts on NVN Therapeutics medical food for dietary management of PCOS.

Just enter PCOS Challenge discount code **PCOSFREE** at the time of check out.

To learn more about NVN Therapeutics products for women with PCOS, listen to the PCOS Challenge radio show with NVN Therapeutics Director, Susan Derence and visit PCOSFree.com.




glucorein™ PCOS



Glucorein™ Women's Healthcare Solutions!

NVN Therapeutics is developing a variety of new, exciting and proprietary women's healthcare dietary supplements based upon the patent-pending Glucorein™.

Call (888) 259-6599 For More Information

**CLICK FOR
DETAILS**

Advice From the Experts

Why Low Calorie, Low Fat Diets May not be the Answer for PCOS

You may have read headlines in women's magazines about PCOSit's the acronym for the term Polycystic Ovarian Syndrome. Basically, it is an endocrine condition in 1 out of 15 women that prompts hormonal imbalance that can cause irregular periods, weight gain, unwanted hair growth on the face, hair loss on the head, acne, symptoms of PMS and...if untreated... can eventually lead to infertility and type 2 diabetes.

The hormones that become unbalanced are the sex hormones and the fat gain hormone: insulin. Normally, the ovaries make a small amount of male sex hormones (androgens). In women with PCOS, the ovaries over produce androgens and this may cause the cessation of ovulation, acne, and extra growth of hair on the face and body.

Excess insulin causes blood sugar swings that lead to fatigue, melancholy, carb cravings, inability to focus and concentrate, and weight gain around the middle (muffin top, belly fat, back fat). If untreated, insulin resistance develops that can eventually lead to type 2 diabetes.

PCOS gets its name because the ovaries may be covered in small cysts that cause hormonal imbalance. The diagnosis is made based upon symptoms, a physical exam, and lab tests of hormonal levels.

Treatment involves: Weight loss (more later), exercise, lowering blood pressure, cholesterol. The doctor may prescribe birth control pills to regulate periods and help reduce facial hair and acne. Sometimes an androgen-lowering medication called spironolactone is used along with birth control pills. Another medication commonly prescribed is the diabetes medicine; metformin. It can also help regulate menstrual cycles and improve fertility.

It is very important for young women with PCOS to lose excess fat. A low calorie, low fat program is not the answer when PCOS is the problem. These traditional diets may be low in calories and fat, but are high in the one nutrient that stimulates insulin production; carbohydrate. The general public does not yet realize that PCOS is a medical condition that occurs when a woman has uncontrolled Metabolism B. Without this knowledge, these women spend years with irregular periods, increasingly heavy periods, extreme cramps, PMS, abnormal reproductive hormonal levels, may be diagnosed with infertility, have abnormal hair growth, midline fat deposits, elevated cholesterol, later in life are prone to prediabetes and type 2 diabetes. I think this is an interesting read for both men and women....almost everyone knows a woman who suffers from PCOS...read on!

I feel that one of the problems with US medicine is that we are always searching for the "medicine" to "treat" a condition, syndrome, or disease. Wouldn't it make more sense and simplify the solution if we looked to the root cause of the problem and worked at the "root level" instead of treating and medicating the end result?

The root problem for women with PCOS is hyperinsulinism. Did you know that insulin is a fat gain hormone? If a person releases excess insulin 24 hours/day...they will form more fat on and in their body. Excess insulin will cause the woman with PCOS to gain weight over and above what they eat calorically, amass midline fat deposits, and eventually suffer with elevated cholesterol and triglycerides.

Insulin determines 24/7 blood sugar levels. Excess insulin causes blood sugar to vacillate all day/night with peaks and valleys causing hunger and carb cravings, depression, fatigue, anxiety, poor sleep, irritability, brain fog, racing thoughts, inability to focus and concentrate, low libido, blurry vision, aches/pains.

As a main hormone in the endocrine system, when excess insulin is released...it throws off the balance of many other hormones of the endocrine system...including the hormones of reproduction. Estrogen, testosterone, progesterone, LH, FSH are all hormones of the endocrine system. When insulin is "off", it is very common for these hormones to be "off."

Excess insulin causes fat cells to grow and insulin receptors to "stretch." In time, stretched insulin receptors will not allow insulin to connect. This is insulin resistance! Isn't it ironic that the drug used for PCOS is a drug originally developed for diabetes? That is because those with PCOS who do not treat their insulin problem are on the fast track to diabetes!

PCOS is often a precursor to prediabetes which is a precursor to irreversible type 2 diabetes!



Dianne Kress is a Registered Dietitian, Certified Diabetes Educator, NY Times Best Selling author and person with type 2 diabetes. She has over 30 years experience in medical nutrition therapy specializing in metabolic syndrome, overweight/obesity, pre diabetes, and type 2 diabetes.

Want to know more?

Tune in to PCOS Challenge Radio PCOS and Your Metabolism - Part II

with Diane Kress, a NY Times Bestselling author of The Metabolism Miracle, certified diabetes educator, registered dietitian, and person, joins Sasha Ottey on the PCOS Challenge radio show to speak about how to improve your PCOS metabolism and lose weight.



January 29, 2014
6:30pm to 7:00pm EST

[click HERE to know more](#)



Advice From the Experts

Why Low Calorie, Low Fat Diets May not be the Answer for PCOS

Interesting, isn't it? Recap:

- Women with PCOS were born with the gene for metabolic syndrome (for ease, I call this Met B)
- The root of metabolic syndrome (and PCOS) is excess insulin release.
- Insulin is a fat gain hormone
- Excess insulin causes fat gain "on" and "in" the body
- Women with excess insulin get fat (especially around the middle where the insulin is released from the pancreas) and eventually in their blood : in the form of rising cholesterol and triglycerides.
- Excess insulin causes blood sugar fluctuations that cause 24/7 symptoms including: hunger and carb cravings, depression, fatigue, anxiety, poor sleep, irritability, brain fog, racing thoughts, inability to focus and concentrate, low libido, blurry vision, aches/pains.
- Excess insulin causes fat cells to grown and insulin receptors to become misshapen, this is the actual cause of insulin resistance in women with PCOS.
- If the pancreas continues to over-release insulin throughout a woman's life, she will absolutely develop metabolic syndrome: high cholesterol, high triglycerides, high blood pressure, and diabetes.

The solution to this syndrome is not in taking medications that "band-aid" the underlying problem. The answer is in a lifestyle change...to live the lifestyle (diet/exercise) that match your metabolism.

Women with PCOS must realize that they DO have uncontrolled Metabolism B and a root cause of their problem is in insulin over-release.

A calorie counting diet (low calorie, exercise, low cholesterol, low fat) does not address insulin and will never work to help PCOS.

The diet method that works for PCOS, metabolic syndrome, prediabetes, type 2 diabetes, chronic fatigue syndrome, fibromyalgia is the diet that gets the root of all of these problems...excess insulin must be stopped and the pancreas must be rested ASAP.

The lifestyle program that absolutely controls insulin release and begins immediately to regulate PCOS is The Metabolism Miracle! Pass it forward!

www.themetabolismmiracle.com

www.thediabetesmiracle.com

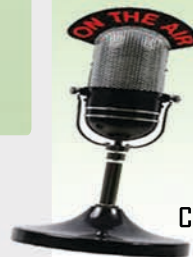


Dianne Kress is a Registered Dietitian, Certified Diabetes Educator, NY Times Best Selling author and person with type 2 diabetes. She has over 30 years experience in medical nutrition therapy specializing in metabolic syndrome, overweight/obesity, pre diabetes, and type 2 diabetes.

Want to know more?

**Tune in to PCOS Challenge Radio
PCOS and Your Metabolism - Part II**

with Diane Kress, a NY Times Bestselling author of The Metabolism Miracle, certified diabetes educator, registered dietitian, and person, joins Sasha Ottey on the PCOS Challenge radio show to speak about how to improve your PCOS metabolism and lose weight.



January 29, 2014
6:30pm to 7:00pm EST

click [HERE](#) to know more

PCOS Challenge

**The Support System to
Help Women Beat PCOS**

Support Network - PCOSChallenge.com
Nonprofit Website - PCOSChallenge.org
Expert Series - PCOSChallenge.net
Radio and Television Programming - PCOS.tv