

The Beat PCOS

10 Week Program

THE EVIDENCE BASED BENEFITS

Of Nutrition, Exercise & Emotional Wellness for Women with PCOS

- ✓ Achieve your ultimate healthy weight & maintain it long term ^{1,2,3}
- ✓ Solve your fertility problems & get your period back^{4,5,6,17}
- ✓ Reduce your risk of miscarriage & other serious pregnancy complications ^{7,8,9,10,11}
- ✓ Have beautiful skin & eliminate unwanted hair problems ^{2,4,5,9}
- ✓ Free yourself from stress, anxiety, depression and low self-esteem ^{12,13}
- ✓ Increase the effectiveness of PCOS medications ^{14,15}
- ✓ Reverse insulin resistance ^{4,4,16,17}
- ✓ Avoid serious long term health risks like cardiovascular disease ^{18,19,20}

¹ Lifestyle changes in women with polycystic ovary syndrome. Moran L.J, Hutchison S.K, Norman R.J, et al. Cochrane database of systematic reviews, 2011.

² An assessment of lifestyle modification versus medical treatment with clomiphene citrate, metformin, and clomiphene citrate-metformin in patients with polycystic ovary syndrome. Karimzadeh M.A, Javedani M. Fertility and Sterility, 2010.

³ The Effect of Lifestyle Intervention on Body Composition, Glycemic Control, and Cardiorespiratory Fitness in Polycystic Ovarian Syndrome: A Systematic Review and Meta-Analysis. Haqq L, McFarlane J, Dieberg G, et al. International journal of sport nutrition and exercise metabolism, 2015.

⁴ Focus on metabolic and nutritional correlates of polycystic ovary syndrome and update on nutritional management of these critical phenomena. Rondanelli M, Perna S, Faliva M, et al. Archives of Gynecology and Obstetrics, 2014.

⁵ Randomized Controlled Trial of Preconception Interventions in Infertile Women With Polycystic Ovary Syndrome. Legro R.S, Dodson W.C, Kris-Etherton P.M, et al. Journal of Clinical Endocrinology and Metabolism, 2015.

⁶ Lifestyle modification intervention among infertile overweight and obese women with polycystic ovary syndrome. Mahoney D, Journal of the American Association of Nurse Practitioners, 2014.

⁷ Pregnancy complications in women with polycystic ovary syndrome. Palomba S, de Wilde M.A, Falbo A et al. Human Reproduction Update, 2015.

⁸ Maternal and neonatal outcomes in pregnant women with PCOS: comparison of different diagnostic definitions. Kollmann, M, Klaritsch, P, Martins, W.P et al. Human Reproduction, 2015.

⁹ Pregnancy outcomes in women with polycystic ovary syndrome undergoing invitro fertilization. Sterling L, Liu J, Okun N; et al. Fertility and Sterility, 2015.

¹⁰ Polycystic Ovary Syndrome, Obesity, and Pregnancy. Joham A.E, Palomba S, Hart R. Seminars in Reproductive Medicine, 2016.

¹¹ Pregnancy complications and glucose intolerance in women with polycystic ovary syndrome. Sawada M, Masuyama H, Hayata K et al. Endocrine Journal, 2015.

¹² Lifestyle management improves quality of life and depression in overweight and obese women with polycystic ovary syndrome. Thomson R.L, Buckley J.D, Lim S.S, et al. Fertility and Sterility, 2010.

¹³ Mental Health and Physical Activity in Women with Polycystic Ovary Syndrome: A Brief Review. Conte F, Banting L, Teede H.J, et al. Sports Medicine, 2015.

¹⁴ Polycystic ovary syndrome: reviewing diagnosis and management of metabolic disturbances. Spritzer P, Mara. Arquivos Brasileiros de Endocrinologia e Metabologia, 2014.

¹⁵ Metformin and lifestyle modification in polycystic ovary syndrome: systematic review and meta-analysis Naderpoor N, Shorakae S, de Courten B, et al. Human Reproduction Update, 2015.

¹⁶ Lifestyle intervention up-regulates gene and protein levels of molecules involved in insulin signaling in the endometrium of overweight/obese women with polycystic ovary syndrome. Ujvari D, Hulchiy M, Calaby A, et al. Human Reproduction, 2014.

¹⁷ Randomized comparison of the influence of dietary management and/or physical exercise on ovarian function and metabolic parameters in overweight women with polycystic ovary syndrome. Nybacka A, Carlstrom K, Stahle A, et al. Fertility and Sterility, 2011.

¹⁸ Nonalcoholic fatty liver disease and polycystic ovary syndrome. Vassilatou E. World Journal of Gastroenterology, 2014.

¹⁹ Dietary therapy in polycystic ovary syndrome. Moran L.J, Brinkworth G.D, Norman R.J. Seminars in Reproductive Medicine, 2008.

²⁰ Exercise Training in Polycystic Ovarian Syndrome Enhances Flow-Mediated Dilatation in the Absence of Changes in Fatness. Sprung V.S, Cuthbertson D.J, Pugh C.J, et al. Medicine and Science in Sports and Exercise, 2013.