



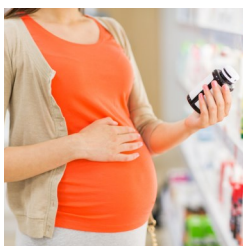
## Managing PCOS Naturally



Polycystic ovary syndrome, often referred to as PCOS, is a hormonal disorder that can affect ovulation, menstrual cycles, and the ability to conceive. The Endocrine Society estimates that 5 to 6 million women in the United States have PCOS. Common symptoms include irregular periods, excess facial and body hair, acne, darkening of the skin, ovarian cysts, weight gain, skin tags and thinning hair. While the exact cause of PCOS is unknown, researchers believe it is likely a combination of genetic and environmental factors. Other factors that may contribute to the condition include obesity and insulin resistance. Women with PCOS, particularly when symptoms are not managed, may also be at greater risk of heart disease, endometrial cancer, diabetes and high blood pressure.

Although PCOS cannot be cured permanently, treatment along with certain supplements, practices, and dietary changes may help manage it. Losing excess weight, eating a healthy diet, regular exercise, avoiding endocrine-disrupting chemicals and acupuncture are all beneficial. Some of the most common herbs and supplements used to help ease the symptoms of PCOS are: berberine, curcumin, vitamin D, propolis, cinnamon, folic acid, inositol and chromium.

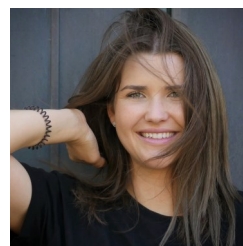
### View Research on PCOS:



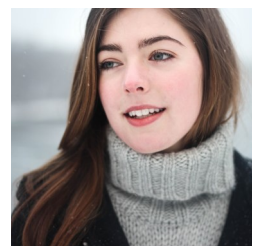
[Omega-3 Supplementation Improves Clinical Pregnancy Rate in Women with Polycystic Ovary Syndrome](#)



[Curcumin Improves Fasting Blood Sugar and Menstrual Symptoms in Women with Polycystic Ovary Syndrome](#)



[Co-Supplementation of Vitamin D and Probiotics Significantly Improved Hormonal, Inflammatory & Oxidative Stress Markers in Women with Polycystic Ovary Syndrome](#)



[Propolis Supplementation Improves Insulin Resistance, LDL/HDL Levels, Testosterone, and Anxiety in Women with Polycystic Ovarian Syndrome](#)

## In Memoriam



James J. Gormley was an award-winning journalist, author, and blogger who served on the managing board and scientific advisory board of Natural Health Research. In his over 25 years of experience in health media and scientific relations, James served as the editor-in-chief of “Better Nutrition”, editorial director of the “Vitamin Retailer” magazine group, and as vice president and senior policy advisor for Citizens for Health, a grassroots health advocacy organization. James was considered an expert regarding dietary supplements, ingredients, and nutritional supplement regulations. His strong passion and influence for advocating for the health industry will continue to influence and help others for many years to come.

## Recent Posts



### [Vitamin D is Associated with Prevalence of Decay, Missing, and Filled Teeth in Older Adults](#)

*Written by Chrystal Moulton, Science Writer.* Researchers found that lower levels of vitamin D were associated with higher scores in the DMFT index (decayed, missing, and filled teeth) among older adults. [Read more »](#)



### [The Association of Adherence to the Mediterranean Diet and Sleep Disturbances with Migraines](#)

*Written by Harold Oster, MD.* Results suggest that poor adherence to the Mediterranean diet and the presence of sleep disturbances are associated with disabling migraines. [Read more »](#)



### [CBD Supplementation Improves Perceived Sleep Quality and Immune Function in Healthy Adults](#)

*Written by Chrystal Moulton, Science Writer.* This investigation showed that eight weeks supplementation with CBD significantly improved perceived quality of sleep compared to the control. [Read more »](#)

## Contact Us

Please let us know if you have any comments or suggestions about our website or newsletters. Are you finding our information useful? What content/topics would you like to see more of?

Please email us at:

[info@naturalhealthresearch.org](mailto:info@naturalhealthresearch.org)

We appreciate your feedback!

[Donate to help support our mission](#)

Follow us:

