



Poly Cystic Ovary Syndrom

PCOS, aka, Insulin Resistance is a condition that is associated with the body being in an inflammatory state. There are five essential fatty acids (EFA's) omega 3, 6, 9, EPA and DHA. They are anti-inflammatory and have numerous health benefits. Udo's oil is the premier oil for Omega 3, 6, and 9. Ascenta makes pharmaceutical grade EPA/DHA products including Nutra Sea and Nutra Vege (plant derived EPA/DHA). Another excellent source of EPA/DHA is Krill Oil.

Vitamin D3 is the most potent anti-inflammatory substance that our body makes. It also prevents many types of cancers, type 1 DM, MS, certain forms of autism, and has numerous other salutary benefits.

The 5 EFA's should be capable of making the 50 poly-unsaturated fatty acids that make up our membranes-cell membranes, nuclear membranes, etc. There are 200,000 square feet of membranes in the body. To go from 5 to 50 poly unsaturated fatty acids, the body requires the B vitamins and numerous co-factors. The B supplement and anti-oxidant that are listed provide these necessary co-factors.

Cinnamon is a natural insulin sensitizer.

There is a clotting tendency that accompanies PCOS-IR. The 81mg of aspirin aka baby aspirin helps prevent this. It is advised to take 81 mg of aspirin a day to prevent clotting of the small blood vessels forming between the immature placenta and maternal circulation.