

3rd World Congress on

POLYCYSTIC OVARIAN SYNDROME

November 15-17, 2017 | San Antonio, USA

A natural approach to addressing polycystic ovarian syndrome

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Polycystic ovarian syndrome (PCOS) is the most common hormonal disorder in women. It is also one of the most common causes of female infertility as well as a wide variety of other health concerns, most related to blood sugar imbalances. Much of the population is not aware of the research that provides insight on the successful management of PCOS using complimentary therapies. Using this body of research, successful treatment plans can be formulated to support the PCOS patient and improve fertility outcomes. This lecture will help the participant have a greater understanding of the underlying physiological mechanisms of PCOS as well as various researched integrative approaches. Key research studies will be reviewed in the management of PCOS with nutraceuticals, diet and herbal medicine. There will also be a discussion of the successful management of a PCOS case using these complimentary therapies alongside pharmaceutical, conventional treatment. Upon completion of the lecture, the participant should have a greater understanding of the physiological mechanisms behind PCOS as well as practical strategies to help improve the outcomes of this syndrome.

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