The Evidence Based Benefits Of Diet, Exercise & Stress Modification for Women with PCOS

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


\textsuperscript{3} Lifestyle modification intervention among infertile overweight and obese women with polycystic ovary syndrome. Mahoney D, Journal of the American Association of Nurse Practitioners, 2014.


\textsuperscript{6} Pregnancy outcomes in women with polycystic ovary syndrome undergoing invitro fertilization. Sterling L, Liu J, Okun N; et al. Fertility and Sterility, 2015.


\textsuperscript{8} Pregnancy complications and glucose intolerance in women with polycystic ovary syndrome. Sawada M, Masuyama H, Hayata K et al. Endocrine Journal, 2015.

\textsuperscript{9} Lifestyle changes in women with polycystic ovary syndrome. Moran L.J, Hutchison S.K, Norman RJ, et al. Cochrane database of systematic reviews, 2011.


\textsuperscript{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.


\textsuperscript{15} 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.


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

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