

Poly cystic ovary Syndrome OR Female Hormone Disorder

What is Female Hormone Disorder (or PCOS)?

Poly Cystic Ovary Syndrome (PCOS) is a syndrome referred to by doctors but is being aptly renamed by The Health Queen to be referred to as Female hormone disorder (FHD). This is the new hormone phenomena that is seizing modern day woman.

The modern day lady is typically smart, educated, goal driven, committed in whole to their partner; their kids; their netball team and girlfriends. They are usually working 30+ hours per week, exercising to some degree, drinking more wine, consuming lots of love-giving-serotonin-promoting chocolate, and managing the household budget.

What a bucket load of stress!

What is changing....

Ladies have the following measurable changes in their blood tests or saliva tests:

1. Elevated estrogen
2. Elevated testosterone
3. Insulin and glucose intolerance (which is the crux of the whole FHD). Or impaired glucose intolerance (which currently affects 1 in 4 Australian adults)!

Ladies experience:

1. Excess abdominal fat, bulging layers like cream cascading over a waterfall
2. A hairy chin or moustache
3. Stressed facial expressions
4. Short breathing pattern (look at the lady side-on to see her chest rise, or watch the way they talk – garbled, frantic words, suppressed giggles because it takes up too much oxygen).

What the ladies are feeling:

1. Angry, irritable, revengeful, anxious and stressed
2. Embarrassment about their physical appearance
3. Annoyance and frustration about not being able to rationally control their binges, their decisions in general and their paralysis at taking pro-active control
4. Isolated

The simple 4 point answer (which is a very simplified , and a primate way to address the very complex, evolving being that I refer to as “Bridget”)

1. Relax, breathe, breathe, and then tell yourself “ in the big picture, it doesn’t matter”

2. Positively recall everything that works in your day – you wake up with your partner/husband/a clear head – you have someone somewhere that thinks of you last before you go to bed and that you have missed at least 2 new opportunities today due to unsolved baggage
3. That life should be easier
4. That your life choices are 100% in your hands. If you are stressed, it's because you are buying into stress.

The Health Queen is going to take you on a journey of discovery, or science breaking medicine. The Health Queen is a leader in the new generation of FHD (or the older term of PCOS).

Follow the progress on www.byebyebriidget.com (a website established by The Health Queen to assist ladies in understanding this new phenomena). Good luck and all feedback greatly read . Send an email to sam@healthqueen.com.au.

Hugs and kisses