



Upcoming Simulcast to Teach Women How to Lose Weight and Naturally Balance Hormones with Polycystic Ovarian Syndrome

Katie Humphrey, author of Freedom from PCOS, is hosting an upcoming, complimentary simulcast, teaching women with Polycystic Ovarian Syndrome how they can lose weight and achieve hormonal balance naturally.

Palm Beach Gardens, FL (June 26, 2010) - Women with Polycystic Ovarian Syndrome and insulin resistance can learn Katie Humphrey's three proven steps to lose weight and naturally balance hormonal levels in an upcoming, complimentary [simulcast](#). This event will broadcast Wednesday, July 7, 2010, at 7:30pm eastern standard time. Women who attend the virtual event can choose to listen via telephone or computer as the simulcast will be in the form of a teleconference and webinar.

"As a woman with PCOS, I have been treating my condition the way Katie suggests for a while now," states Maria Francesconi, a certified Naam Yoga therapist and Harmonyum practitioner in New York City. "I don't feel alone anymore, ashamed to talk about what is going on, or pressure to treat my PCOS with conventional methods."

The simulcast, "[The 3-step, surefire approach to lose weight and naturally balance hormones with Polycystic Ovarian Syndrome](#)," will feature the holistic solutions women with these conditions can implement for natural relief. Katie Humphrey, international PCOS Wellness Coach, is a Certified Personal Trainer, author of Freedom from PCOS and professional member of the POSAA. Humphrey's message to women involves the alternative treatments she personally used to overcome and reverse symptoms associated with PCOS and insulin resistance.

"This virtual event is a convenient and effective way to teach my clients and other women what they can start doing to reverse some of their symptoms associated

with PCOS," says Katie Humphrey. "I will only be answering questions from the first 10 women who sign up for the event, and I'll be giving away some great incentives for those who are live on the call."

Humphrey has helped many women who struggle with the effects of Polycystic Ovarian Syndrome and insulin resistance, and her e-book and other articles are received internationally. To secure your seat for the upcoming simulcast, go to www.freedomfrompcos.com/events/.