



Women with Polycystic Ovarian Syndrome Finally have a Natural, Effective Approach to Overcome their Symptoms

Katie Humphrey, author of "Freedom from PCOS, 3 Proven Steps to Naturally Overcome Polycystic Ovarian Syndrome and Insulin Resistance," empowers women with PCOS to take control over their condition.

Palm Beach Gardens, FL (May 17, 2010) -- Women who suffer from Polycystic Ovarian Syndrome (PCOS) now have an alternative solution to treat their condition. Katie Humphrey, a woman who considers herself to have "triumphed" over Polycystic Ovarian Syndrome and insulin resistance without using any synthetic medication, provides insight to this solution in her new book, "Freedom from PCOS, 3 Proven Steps to Naturally Overcome Polycystic Ovarian Syndrome and Insulin Resistance."

"Polycystic Ovarian Syndrome is a difficult condition to deal with, much less write about," says Dr. Marilyn Blackston, M.D. "The book is written with honesty and grit and will tremendously help any woman who reads it, regardless of whether she has PCOS or not."

Humphrey is a Certified Personal Trainer, wellness coach and an advocate for women's health, specifically concerning Polycystic Ovarian Syndrome. Humphrey recently launched her new book, "Freedom from PCOS," to give readers insight into the alternative treatments she personally used to overcome both PCOS and insulin resistance. The book features a "Triple Threat" approach women can implement to combat these conditions including fitness, nutrition and lifestyle strategies.

"I give women every means they need to holistically restore their hormonal health and naturally lose weight, regain energy and more," says Humphrey, "I wish something like this would have been available when I went through my struggle."

Humphrey's message is radically different from the conventional prescription for PCOS consisting of birth control pills, insulin-regulating medications, and other

various synthetic medications. Her methods help women address the underlying issues concerning their hormonal, reproductive and blood sugar health. Long-term side effects of PCOS and insulin resistance can manifest into life-altering problems such as infertility and diabetes.

According to Dr. Sheri Colberg, Executive Director of Lifelong Exercise Institute and Director of Exercise Physiology at Insulite Laboratories, states, "The only thing worse than knowing you have a chronic condition is having to live with the undiagnosed symptoms of one like PCOS without knowing the first thing about how to regain your health. Katie Humphrey's book covers everything you need to know about PCOS and how to cure yourself naturally while optimizing your lifelong health. This book is a must-read for all women, with or without PCOS!"

"Freedom from PCOS" can be purchased on Humphrey's website at www.FreedomfromPCOS.com. Purchasers also receive bonus gifts from other leading experts, as well as weekly worksheets to implement the information found in the book.