



Women with Polycystic Ovarian Syndrome and Insulin Resistance can Lose Weight and Balance Hormones Naturally with Katie Humphrey's New E-book

Katie Humphrey teaches women her personal methods to holistically reverse symptoms associated with Polycystic Ovarian Syndrome and Insulin Resistance in her e-book.

Palm Beach Gardens, FL (June 15, 2010) – Women who struggle with Polycystic Ovarian Syndrome and insulin resistance are now able to lose weight and achieve hormonal balance without taking any prescription medication. Katie Humphrey, international PCOS wellness coach, shares her personal three step approach to help women reverse symptoms associated with Polycystic Ovarian Syndrome in her new e-book, "Freedom from PCOS, 3 Proven Steps to Naturally Overcome Polycystic Ovarian Syndrome and Insulin Resistance."

"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," says Dr. Sheri Colberg, PhD, Director of Exercise Physiology at Insulite Laboratories and Executive Director of Lifelong Exercise Institute. "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!"

Humphrey is a Certified Personal Trainer, wellness coach and professional member of the POSAA. Humphrey's e-book, "Freedom from PCOS," gives readers insight into the alternative treatments she personally used to overcome both PCOS and insulin resistance. The e-book features a "Triple Threat" approach women can implement to combat these conditions so metabolic, hormonal and reproductive health are restored.

"The beautiful part of an e-book, or electronic book, is that women who are international and those who want instant gratification can start reading the book immediately from their computer screens after purchasing the book," says

Humphrey, "I love helping women with PCOS because I know what it takes to achieve optimal health."

Freedom from PCOS can be purchased through Humphrey's website at www.FreedomfromPCOS.com. Readers receive every possible tool and resource to naturally overcome PCOS and insulin resistance. Purchasers also receive bonus gifts from other leading experts as well as weekly worksheets to implement the information found in the book.