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Could Magnesium Be the Key the PCOS Community Has Been Looking For? by [Adalhard](#)

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Polycystic Ovarian Syndrome (PCOS) is an endocrine disorder that affects millions of women all around the world. Though an astounding five to ten percent of the women of childbearing age suffer through this devastating illness, relatively little is known about it. Sure, there is a loose list of symptoms associated with the condition, but doctors have yet to create a list of diagnostic criteria. Basically, physicians take this illness case by case, learning new things along the way.

It comes as no surprise, then, that interesting information about Polycystic Ovarian Syndrome, its causes, and its symptoms, crop up over time. One such discovery is a link between Insulin Resistance, which is a common cause of Polycystic Ovarian Syndrome, and magnesium deficiency.

Why Is Magnesium Important?

Insulin Resistance is a disorder that causes the cells of the body to become insensitive to the hormone insulin. Insulin is crucial to the proper digestion of foods and maintenance of blood sugar levels, as it normally enters the cells and turns glucose into energy, which is used by the mitochondria to power the body. In people with Insulin Resistance, insulin cannot perform this task and blood sugar levels skyrocket—often resulting in Polycystic Ovarian Syndrome, diabetes, pre-diabetes, Metabolic Syndrome (Syndrome X), or obesity. Additionally, it puts people with this devastating illness at greater risk for heart disease, stroke, and other life threatening conditions.

Oftentimes, people with Insulin Resistance also have a magnesium deficiency. It has been indicated that magnesium can actually improve the sensitivity of the cells to insulin, and therefore is a common sense treatment for the illness. However, all of the research that has been conducted to date has been inconsistent, reporting positive and negative results. In addition to simply not seeing an improvement in the condition, these studies have reported diarrhea, nausea, slowed breathing, weakness in the muscles, low blood pressure, lack of appetite, a loss of reflexes in the deep tendons, and even a decline in mental status.

Should You Take Magnesium?

Though magnesium may help fight Polycystic Ovarian Syndrome, its risks can be very serious if the correct dosage isn't taken. Further studies are required before a strong recommendation to take or not to take magnesium can be made; however, if you are interested in learning more about magnesium and how it may or may not help your Insulin Resistance, you should certainly speak with your doctor and, together, make an informed decision.

The other thing a women suffering Polycystic Ovarian Syndrome (PCOS) might do is to look into the Insulite Labs supplements that are available. In particular, the PCOS System offers hormone-balancing effects that have been scientifically calibrated to reverse the condition. That means there is very much hope here, and, for women who properly educate themselves and take the precautions necessary to thwart the effects of the condition, no reason why PCOS has to be interpreted as a devastating diagnosis.

Learn more about the subject of magnesium and Polycystic Ovarian Syndrome (PCOS) and how it could be affecting your ability to get pregnant, visit us on the web at <http://pcos.insulitelabs.com>.

Insulite Laboratories, a Boulder, Colorado USA based company, is committed to reversing Insulin

Resistance - a potentially dangerous imbalance of blood glucose and insulin. Scientific research has revealed that this disorder can be a primary cause of excess weight gain and obesity, plus Pre-Diabetes and Type 2 Diabetes. Insulin Resistance can also underlie the cluster of increased risk factors for cardiovascular damage called Metabolic Syndrome (Syndrome X) as well as PCOS (Polycystic Ovarian Syndrome) - a major source of serious diseases as well as heartbreaking female infertility.

Recognizing that there are millions of people who need this kind of systematic approach to reversing insulin resistance, Insulite Laboratories has, developed systems to address the underlying causes of Metabolic Syndrome, Polycystic Ovarian Syndrome (PCOS), Excess Weight/Obesity, Pre-Diabetes and Type 2 Diabetes.

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