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It is commonly known, and widely publicized, that women who suffer from Polycystic Ovarian Syndrome (PCOS) often face great difficulties in conceiving a child. Indeed, consult any list of this condition's symptoms and you will surely see infertility and anovulation somewhere toward the very top. But what might surprise you is just how many other ways in which this condition can affect the body and why the symptoms are so numerous.

PCOS, Hormones, and a Good Night's Sleep!

The reason Polycystic Ovarian Syndrome (PCOS) affects the body in so many different ways is that it is not, despite what its name might suggest, a primarily ovarian disorder. In fact, it is really, at its root, a hormonal imbalance. The chief cause is Insulin Resistance, wherein the body can no longer absorb glucose as it should. The body tries to compensate for the lack of insulin by producing more hormones, which can lead to all sorts of problems.

For instance, an excess of male hormones and testosterone, in particular, is what leads to the infertility. But this isn't the only problem that testosterone can cause. In addition, it can lead to severe acne and related skin problems. It can lead both to hair loss and excess hair growth! On top of all this, Insulin Resistance often brings with it obesity and an overall unhealthy lifestyle.

And the list keeps going from there. Recent studies have indicated that women with PCOS (Polycystic Ovarian Syndrome) are 30 % to 40% more likely to suffer from sleep obstructions than women without the condition. These disruptions include sleep apnea—that is to say, the condition in which breathing stops for short periods of time during the sleep cycle.

How to Breathe Easy and Kick PCOS!

The figures concerning Polycystic Ovarian Syndrome (PCOS) and sleeping disorders are truly daunting, but women diagnosed with the illness need not panic. There is actually a way to reverse the effects of Insulin Resistance and it's natural and healthy, too! It's as simple as improving your lifestyle and adopting a healthier diet and more regular levels of exercise. Doctors have said that these lifestyle modifications can go a long way toward kicking this disorder.

The other thing a woman 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 lead to sleep apnea.

Learn more about the subject of Sleep Apnea 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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For more information about a [Insulin Resistance](#) and research links to the National Center for Biotechnology Information (NCBI), PubMed Health, GenBank and more visit us at a <http://pcos.insulitelabs.com>.

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