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Want to Treat Your PCOS? Crank Up the Volume on Your Saw Palmetto Intake! by [Adalhard](#)

Article published on February 23rd 2012 | [Health](#)

Before gawking at the idea of taking an herb to treat an illness as severe as Polycystic Ovarian Syndrome (PCOS), keep in mind the fact that there is no known medical cure for this condition and that natural treatment options have been proven to not only alleviate the disease, but even reverse it. This being said, if you have Polycystic Ovarian Syndrome (PCOS) you should seriously consider incorporating some saw palmetto supplements into your treatment plan.

What is Saw Palmetto?

Traditionally used by the Mayans and the Seminole tribe as a tonic, expectorant, and antiseptic, saw palmetto is a natural treatment for Polycystic Ovarian Syndrome (PCOS) and other health issues. From the plant itself are created herb, extract, and berry products that are actually capable of inhibiting androgens, or male hormones.

The ability of this plant to inhibit male hormones is due to its blocking of 5-alpha reductase, one of the most significant enzymes involved in converting testosterone into dihydrotestosterone, or DHT. DHT is a more powerful androgen than testosterone, and blocking its production can prove beneficial in women trying to keep their androgen levels under control.

What Does This Mean for PCOS?

Because Polycystic Ovarian Syndrome (PCOS) is a condition that results from too high androgens, the ability to limit the amount of male hormones that are created has the potential to reduce the symptoms that women with this disease battle on a daily basis. Though saw palmetto cannot be expected to completely restore normal hormonal levels, it has been used by many women to keep their symptoms at bay—which leads to living a healthier, higher quality life.

Important Points to Consider

Yes, saw palmetto can help regulate androgen levels, but it should not be integrated into your treatment routine until you have thoroughly researched and considered its various properties. First and foremost, this supplement should not be used in conjunction with blood thinners, including aspirin. Also, it may interact badly with other medications that are commonly used to treat Polycystic Ovarian Syndrome (PCOS), so be sure to talk with your doctor before you start taking it. Last but not least, it should not be used if you are pregnant or nursing.

If you are looking for a way to improve your health and alleviate some of the symptoms of your PCOS, saw palmetto may be just the ticket. Natural treatments have been shown to help this condition, and when integrated into a treatment approach that incorporates a healthy diet, stable exercise routine, and strong support group, saw palmetto may provide the boost you need to get your condition under control.

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 disease, no reason why PCOS has to be interpreted as a devastating diagnosis.

Learn more about the subject of natural treatment options and Polycystic Ovarian Syndrome (PCOS) and how it could be affecting your ability to get pregnant, visit us on the web at www.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 conditions 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.

Article Source:

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For more information about natural treatment for a [Polycystic Ovarian Syndrome \(PCOS\)](#) please visit us at a <http://pcos.insulitelabs.com/>.

Article Keywords:

Polycystic Ovarian Syndrome (PCOS)

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