**Traditional Medicine’s Approach: (mask the symptoms)**

* Usually the birth control pill is recommended, which causes increased insulin resistance
* Or oral diabetes drugs are recommended that temporarily lower insulin levels, but stress the pancreas, leading to adult onset diabetes.

Both of these drugs only mask symptoms and do not address the root of the problem at all.

**Holistic Approach: (address the causes)**

* **Lifestyle changes**
	+ Avoid sugar
	+ More wholesome diet
	+ Daily raw soy protein (Shaklee Soy Protein or Shaklee 180 Smoothees)
	+ Exercise
	+ Detoxification cleanses ... this is ESSENTIAL
		- Rejuvenating Body Cleanse 2 to 4 times per year
		- Liver DTX (Liver Cleanser)
		- Alfalfa (Blood Purifier)
		- Herb Lax
		- Optiflora
	+ Use toxin-free personal care & cleaning products (Shaklee products are recommended)
	+ Correct hormone imbalances with natural bio-identical hormone therapy (often progesterone is required)
	+ Address candida if it is a problem, by doing a yeast cleanse
* **Suggested Supplements:**
	+ Shaklee 180 Metabolic Boost with every meal
	+ Saw Palmetto
	+ B Complex
	+ GLA

**Polycystic Ovary Disease**

Statistics show that 1 in 10 women in North America are suffering from this disorder. Exposure to toxins is a key factor!

* It is a hormonal imbalance which is revealed by a collection of symptoms that are associated with high androgen levels (testosterone), excess production of estrogens, and inadequate production of progesterone
* Women may experience irregular or absent periods
* Symptoms often include excess acne, facial and body hair
* Excess androgens usually cause insulin resistance (syndrome X or pre-diabetes) and weight gain
* High androgens cause irritability

If these hormonal imbalances are not addressed properly, this leads to a higher risk of breast cancer.

