

Five Regular Foods You Eat Which Causes PCOS

**BY
Suzis Ben**

This is Part 1 of a 2-Part series on getting rid of PCOS with natural methods:

Part 1 - [You Are Here] – Five Regular Foods You Eat Which Causes PCOS ...

Part 2 - [7 Foods You Don't Believe that Cure PCOS](#)

Are you suffering with PCOS?

Do you have increased blood sugar levels?

- If your answers to the above questions are 'YES', perhaps you are eating the wrong foods...
- Yes it is correct....
- The foods you eat and your lifestyle is one of the prime [reasons for the PCOS](#) and all other related problems.....
- In this short article I have trimmed all the fluff and giving you what you require exactly...
- So pay very close attention here and follow the suggestions for getting rid of PCOS....
- The following five foods are deadly for PCOS and therefore avoid them...

1) White sugar

Are you experiencing low-energy and fatigue?

Then avoid white sugar



2) Red meat

Do you know?

Red meat contains harmful toxins...

Do you want to stop the growth of cysts?

Then stop eating red meat....



3) Dairy products

Do you want a healthy liver?

Then minimize all the dairy products...



4) White flour -based products

Are you obese?

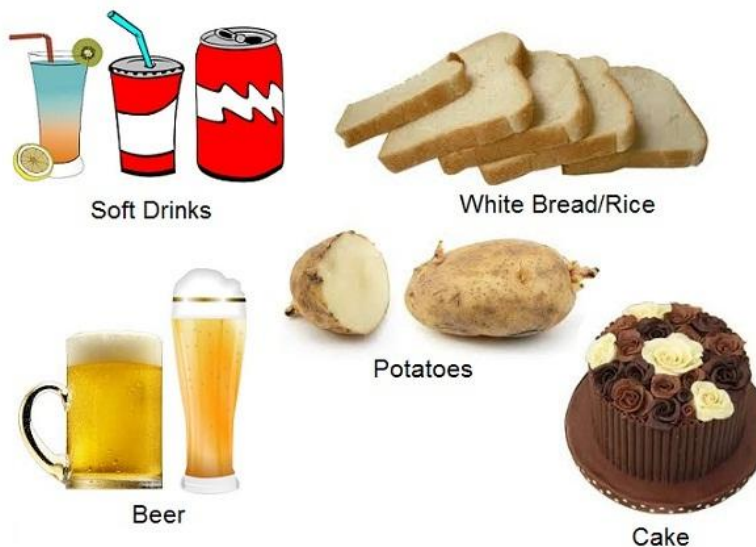
Avoid white bread, pasta, pastry and cakes...



5) High GI Foods

Do you suffer male pattern body symptoms?

Then minimize high GI foods....



High GI (Glycemic Index) Foods

- To sum up...
- Remember that PCOS is a lifestyle disease ([Check out Lifestyle Management to Cure PCOS](#))...

Part 1 - [Now you have finished this] – Five Regular Foods You Eat Which Causes PCOS ...

Part 2 - [Now go to this article] [7 Foods You Don't Believe that Cure PCOS](#)

Are You Overweight And Not Ovulating

PCOS is a nutritional and metabolic problem that affects insulin and other hormones.

Apart from infertility PCOS also causes a host of symptoms like

- Obesity
- Acne
- Irregular periods
- Hair loss
- Growth of unwanted hair.

Metformin and Clomid don't root out the actual problem.

Simply shifting to low glycemic index foods can improve the condition a lot.

Would you be interested to know more about this?

[Check Out This FREE Presentation Now](#)

Suzis Ben

Fertility Blogger

www.fightyourinfertility.com

Tune into Life. Fight Infertility. Fulfill Motherhood!