

Polycystic Ovary Syndrome (PCOS)

What Is Polycystic Ovary Syndrome?

Polycystic Ovary Syndrome (PCOS) is a common endocrine disorder that is thought to be a major leading cause of female infertility in women of reproductive age. Common symptoms of PCOS include anovulation that results in irregular menstruation, ovulation-related infertility, amenorrhea, and excess androgenic hormones that can result in acne, hirsutism, and even insulin resistance. This can make those with PCOS more likely to be obese and have Type 2 diabetes and high levels of cholesterol. The symptoms of this syndrome can vary amongst women.

What Causes Polycystic Ovary Syndrome?

PCOS is a heterogeneous disorder and is largely classed as a genetic disease. It is a complex syndrome and is thought to affect around 5-10% of women during their reproductive age (from 12-45 years).

Polycystic Ovary Syndrome FAQ

Q: You helped us out a while back with my father. Now I am writing to you about my mother. She recently had a CT scan done of her pelvis and abdomen. The scan revealed that she has signs of a possible complex left ovarian cyst. She wanted to know if there was anything that she can do or take to get rid of it? Let us know. Thanks.

A: Serranol. Take 2 capsules x 3 times per day for a few weeks and then drop to 1 x 3; Nascent Iodine Drops 4 drops x 4 times per day. The diet is important to get her healthy (no high-sugar foods).

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“I was diagnosed with Polycystic Ovary Syndrome and had cysts all over my ovary. I always had abnormal, irregular, very light, or infrequent menstrual periods, and this had been caused by PCOS. I was so scared, but I didn’t want to give up and just let it cause more complications within my body. I searched for answers online and found out about Serrapeptase. Robert Redfern has been very helpful.

Almost a year later after bombarding my body with the miracle enzyme, the only “side effect” is that my last abdominal ultrasound showed that I’m PCOS-free. I no longer have the cysts, and I’m going to continue using this because I know it can help me have a healthy pregnancy eventually. Thank you so much for your products.”

- Anita B., United States

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Follow the Health Plan as recommended for the best results:

POLYCYSTIC OVARY SYNDROME (PCOS) HEALTH PLAN

The following plan is designed to provide relief for Polycystic Ovary Syndrome (PCOs) and to improve the condition, when combined with a naturally healthy lifestyle.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support women's health - in order of priority:*

- **SerraPlus+** - Take 2 capsules x 3 times per day, 30 minutes before eating a meal. Drop to 1 x 3 after a week or so. Helps to clear cysts, inflammation and scarring.
- **Curcuminx4000** - Take 1 capsule x 3 times per day with the SerraPlus+. This clears any inflammation and scarring.
- **NatraGest Progesterone Cream** - Apply 1/4 to 1/2 a teaspoon daily to skin. This regulates and balances hormone levels.
- **Nascent Iodine** - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Active Life Capsules** - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.