



“Lose PCOS Weight: Blood Sugar Blues...”

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Introduction

Ryan: Hi. This is your host Ryan and I am here today with our very special guest Dr. Beverly Yates.

Dr. Beverly is an **expert on weight loss and women's health including PCOS weight loss**. She has over **2 decades of clinical experience**, she is a caring doctor, and a lifelong athlete. In her former career as an **MIT educated electrical engineer** Dr. Beverly was a **problem solver** and now as a doctor **she continues to use her problem solving skills to help other women solve their weight loss problems**.

Now in today's interview which is part of Dr. Beverly's PCOS Weight Loss Tips Series we are going to be talking about **blood sugar blues**.

Beverly welcome to the call and thanks so much for being with us.

Dr. Yates: Hey, how are you Ryan? I am glad to be here.

Do All Women with PCOS Have Problems with Their Weight

Ryan: Beverly why don't we just dive right in.

The first question I have for you today because I know we have done a few calls about PCOS weight loss and some of the tips you have is **do all women with polycystic ovarian syndrome, which is PCOS, do they always have problems losing weight** or is it just some women?

Dr. Yates: Yeah that is a great question. You know what the answer is **no. Not all of the women who have PCOS have problems with their weight** but the majority do.

About **60% of the women who have PCOS also have difficulties with getting to and maintaining a healthy weight** but for many women with PCOS, frankly this is the biggest issue that they face and it's really tough to tackle.

How Blood Sugar Affects PCOS Weight Loss and Fertility

Ryan: So you titled this interview blood sugar blues. So what I am guessing is that **blood sugar has something to do with PCOS weight loss.**

My first question is **does blood sugar affect PCOS weight loss and does blood sugar affect fertility if you have PCOS?**

Dr. Yates: Yeah, you know its interesting **blood sugar really impacts a lot of things about health** and particularly for women who are dealing with and struggling with PCOS **yes it does really affect profoundly their ability to lose weight** and for many women when they understand that it makes a huge difference in what they will do for treatment, how affective the treatment will be, and whether or not the treatment that they are being given has any hope of being helpful.

So women who have PCOS for a lifetime **need to learn the value of managing their blood sugar.**

Interestingly it **also affects fertility.**

So here is the bottom line with the blood sugar thing. It **does make it harder to lose extra PCOS related weight.** Eating sugar period causes a rise in blood sugar and that's extra energy right? That rise in your blood sugar **makes your body want to store that extra energy as fat.** Particularly **if you have PCOS you are way more efficient at storing fat then you are at burning that blood sugar for energy.** That is the problem with PCOS.

That happens each time that women **eats too much sugar at any one time.** It doesn't mean that she can never have sugars or starches or carbohydrates but **she has to be really really thoughtful** otherwise this cycle of eating sugar and turning it into body fat is a really tough cycle and it is going to be **harder for her break,** much harder than other folks. It **leads to continual relentless weight gain** and real problems with having any success in losing weight and interestingly for women in general and particularly for women who have PCOS uneven blood sugar that leads to this kind of relentless weight gain **results in difficulty with fertility** and it affects the ability to have a baby at all.

For some women with PCOS the **difficulty with getting pregnant and having a baby is strongly tied, sometimes totally tied, to what is happening to their blood sugar.**

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So if their blood sugar is getting whip sawed by eating too many sweets, grains, starches or carbohydrates at any one time then **this is what sets that woman up who has PCOS to have chronic problems** with her blood sugar and it just goes on and on and on and **this is what leads to too much body fat and to excess weight.**

So **balancing blood sugar is key** to being successful with losing weight if you have PCOS. Ryan, it's a must.

Insulin Resistance and Blood Sugar is it the Same Thing

Ryan: So you touched on something Beverly and it's kind of sparked my mind. You started talking about sort of sugar and spikes in sugar and it lead me to think about the idea of **insulin resistance**.

So insulin resistance is associated with diabetes but what I am curious to know is when you talk about managing blood sugar and why it's so important for PCOS weight loss **is it just another way to talk about being insulin resistant? So in other words are blood sugar and insulin resistance, is that basically the same thing?**

Dr. Yates: Yeah you know, this is an important point to understand.

Managing blood sugar and being insulin resistant **aren't necessarily the same thing**. I will go into more about what that really means in terms of being "insulin resistant" in a future podcast because that is definitely worth one to two podcasts all by itself.

There is enough detail there and I think confusion in the public's mind. I want to make sure anyone listening has **real credible information** but for now please know that **keeping blood sugar as even as possible is the name of the game** for the purposes of getting sustained weight loss with PCOS and staying and reaching a healthy weight.

In a current online survey that I am leading I hear from women and girls all the time about how hard they work at losing weight and yet no real results and I also hear that a key issue is not knowing or understanding that **blood sugar balance is the key to success for PCOS weight loss**.

They don't really know how to actually achieve this blood sugar balance.

So **they are different**, insulin resistance and blood sugar balance and yes **they are related but they aren't the same**.

Eating the Right Foods with PCOS

Ryan: So then what happens if, say you are a woman with PCOS and you are looking to lose weight and you just **kind of ignore blood sugar** and you eat like all your friends, **you eat like everyone else that we know?** You do the sweets the starches, you do the grains and candy, you have bagels for breakfast, you have the bread and pasta at night, cookies, ice cream, and pizza. What happens if you kind of just eat like that?

Dr. Yates: If you are a woman or girl with PCOS this is a **total disaster for you**. This kind of nutrition really becomes an epic disaster if you are looking to lose weight. **It simply won't work.**

If your body responds that way to the starches and the sweets and the carbs where it just packs on the fat then you are **going to have to become really carb conscious.**

The realities of PCOS will not let you get away with eating the same sugary sweet junk that other people do. Now I want everybody to keep in mind that is listening to this that just because someone is slender or skinny it does not, I repeat it does not mean that they eat well. It just means that they appear slender.

For some people their bodies really do gain weight easily and they struggle with weight loss. In the case of PCOS women and girls struggling with it **find that they gain weight much more easily** than others that they know including other members of their family and other blood relatives. It's really really not fair. It's not fair at all.

Now if you are listening to this and this describes your situation please don't waste any time feeling bad about it you just need to go into action mode so you can do something about it. It's a real issue and not your imagination.

So let me explain. Sugar is a super-fast source of energy and it helps you to immediately feel better. **It's fast fuel, it gives you fast energy for a short period of time and that is the trap.** The sugar you eat gives your blood sugar a fast rocket ride up like I talked about earlier that whip saw and then just after this rocket ride up comes the sugar crash leaving you feeling tired and crabby bloated and steadily fatter.

This is an important part of how the weight gain associated with PCOS **builds up steadily over time.** So if you have PCOS you **must pay attention in keeping your blood sugar as even as possible,** meal after

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meal day after day. It's an important part of how you get to winning with PCOS and enjoying well deserved weight loss success.

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Herbs and Supplements that Help Manage Blood Sugar

Ryan: It sounds tough. You talk about kind of keeping your blood sugar even with all the temptation that you have and all the foods. You just went through, kind of rattled off a few types of food there and listening to this you think well what isn't on that list.

Is there anything else you can do to maybe help stabilize or manage your blood sugar like **are there any like medicines or herbs or supplements that can help make a difference** specifically for PCOS weight loss in terms of managing your blood sugar?

Dr. Yates: Yes there are. In a future podcast in fact 2 different podcasts in a series we will go into more detail on some of the medicines both the pharmaceutical medicines and natural medicines that are used with PCOS to help manage blood sugar. It's such a core issue.

It's like the bull's-eye on the target in terms of how you handle PCOS. So one example would be the pharmaceutical drug called metformin and I will cover that one more in depth in the series because I know a lot of women have questions about that again via the online survey that I am doing and from other research and just years of experience the issues with Metformin come up. Some women respond so well to it others often get sick and so we will dive into that one another time.

Another example of a natural medicine that is helpful with blood sugar is an herb called fenugreek. Now let's take a moment and talk about this one specific herb for blood sugar balance. Fenugreek is a particular herb that **is helpful with reducing annoying cravings for sugar**. It's also been used for centuries in India and other parts of the world **to help improve blood sugar balance**.

Now fenugreek is used as a flavoring herb in cooking in Indian cuisine and other cultures of southern and southeastern Asia. **Fenugreek is available in lots of places in a number of forms** including leaf, seed, and powder forms. Usually health food stores, sometimes drug stores, often supermarkets, sometimes ethnic supermarkets you can readily find fenugreek available. It has a very pungent flavor and smell. I personally think it's delicious.

Ryan: Now where do you get that sort of thing? Is that something you get at a health food store, do you have to special order that sort of thing?

Dr. Yates: Usually you can get it in many communities at a health food store or if you have ethnic markets or Asian markets it should be pretty available.

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Sometimes you can find it in the supermarkets like say a Safeway or something like that but places like Whole Foods and other folks they definitely have fenugreek and for some reason you don't have it in your community I am sure you can get this sort of thing online you can order it.

Ryan: Now you mentioned it's the sort of thing that has been used traditionally for centuries but talk about modern medicine right. **Is there any sort of science or research that supports using herbs or supplements for helping you out when it comes to PCOS weight loss?**

Dr. Yates: Yes there is. It's really interesting, we are learning things all time. Doctors for the work that we do, **we call it a practice for a reason.**

I just did a talk on the weekend for my colleagues for continuing medical education and I always remind folks to be humble. Humility goes a long way. There is a reason why we call the work we do a practice and one of the joys of science and research is that we **can really nail something down and quantify yes this is helpful, we don't know or no we know it's not helpful.** Somewhere on that spectrum.

So in this case I decided to put together a helpful guide called **The Ultimate PCOS Weight Loss Herbs and Supplements Guide** and I can tell you how to check out some of this research for yourself if you would like to go behind the scenes and learn more about it directly.

Some of the people that I am working with right now are other health professionals whether they are doctors or nurses, therapists and so they love to get behind the scenes if you will.

So I will tell you more about my guide soon but first let's take a quick visit into some of the research and science behind these herbs, vitamins, supplements, and other nutrients that can affect PCOS and these blood sugar issues that can be so troubling. In particular let's continue this conversation about fenugreek as **a potentially healing herb.**

Research indicates that **fenugreek appears to be helpful to improving blood sugar balance** by specifically slowing the absorption of sugars in the stomach and promoting the production of insulin.

Now if you have dealt with PCOS at all you probably know that insulin and blood sugar and the sugar that you eat make a difference and **need to work well together.** So insulin is a hormone that brings your blood sugar into the cell and makes it available for energy. When the insulin that your organ called the pancreas makes doesn't work so effectively it makes it easy for you to gain weight and specifically to make more body fat and

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particularly it is going to appear around your belly area. That belly pooch will just get bigger and bigger and bigger. **This is part of that process and phenomenon called insulin resistance**, its also what makes you feel sleepy and tired after eating too much food especially foods that are high in sweets, the grains, the starches or other carbohydrates like we talked about a bit ago.

PCOS Resources

Ryan: So now Beverly I guess if someone is listening to this and they want more help what can they do? You mentioned your guide. **What are some of the resources out there?**

Dr. Yates: So if they want to discover more about say the **natural ways to improve and balance blood sugar**, specific herbs and supplements that research has shown may help improve blood sugar and issues related to that, then the relevant nutrition and dietary choices along with good sleep habits and other lifestyle elements.

If you don't sleep well you are not going to lose weight and many people who struggle with their weight really have to get their sleep straightened out before they are going to lose weight. All of these things combine **can help a PCOS sufferer to get better control over her blood sugar** so that she can finally **lose the weight and keep it off** and so you are going to need to pay careful attention to the tips that are offered in this recording and other recordings that are part of the series.

These tips are specific and **designed for women with PCOS who are looking to lose weight** and to gain some control over something that is likely been a super frustrating problem and filled with more failure than success. I want to help you tip the odds in your favor.

So as you listen I truly hope you get a better feel for **how important blood sugar control is to success with losing PCOS weight** and to dealing with PCOS in general.

So if you would like more information right now I put together a useful helpful guide called **The Ultimate PCOS Weight Loss Herbs and Supplements Guide** which covers the herbs, vitamins, and supplements in depth along with some helpful bonuses like the better sleep guide that is included as part of this guide. So if you want to sign up for the email list or if you want to buy the guide you can go to <http://www.pcosweightlosstips.com> right now for more information.

Ryan: This is great Beverly.

One of the things that I like about your work so much is it's so focused. I think the problem when you are searching online for information whether it is on topics like PCOS weight loss or really anything you can think of is information overload and its **having to wade through all that**

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information that really isn't, doesn't really 100% apply to your situation and what I love with what you have done is your stuff is so focused, its only focused on PCOS weight loss.

So 100% focused on helping women who suffer from PCOS looking to lose weight not other types of weight loss and your guide in particular is all focused on getting wading through all the information that is out there and giving you this is exactly what you need to know when it comes to herbs, vitamins, and supplements and helping you lose weight.

So I highly recommend anyone listening to this go ahead and check out that guide.

The Most Important Thing to Know About Meal Time

Ryan: Now the next question I have for you Beverly is, we have talked a lot about sugar spikes and insulin resistance. Now when it comes to balancing your blood sugar for women and girls that are dealing with PCOS weight issues **what is the number 1 most important thing that they need to know about meal time, about eating meals that make sense for them?**

Dr. Yates: This is always a mystery to people and when I talk to them about how they eat and I ask and some of the folks have pieces of good information but **they haven't applied it in the right order.**

So people get confused and goodness knows **you can hear so many contradicting things about nutrition within a one day** period never mind over the course of a month and it's understandable.

So here is the deal, here is what matters. For women with PCOS, blood sugar balancing needs, you want to lose weight **you have to eat lots of fiber** and specifically the non-starchy vegetables. The ones that are lower in starches and that have friendly kinds of starches so they are rich in fiber and they are not so rich in the kinds of sugars that will drive your weight up. So things like kale, chards, spinach any of the vegetables you can find on the **low glycemic index**. Those are going to be your friends and generally speaking you want to **concentrate on anything that contains about 5 carbohydrates a serving or less**. Keep it low, keep it low, and keep it low.

That really really **helps you to avoid those big spikes in blood sugar** that lead to the classic PCOS weight gain and increase in body fat percentage and I know some women are a great fan of the whole calorie counting and they will literally count leaves of lettuce. Ladies please stop that, that is just silly. You have other things to do with your day. Don't think that because you have that fifth leaf of lettuce that is why you gained 2 pounds. That is ridiculous, it's not true.

The **vegetables that are high in fiber and aren't really high in starch** like the dark leafy greens are going to be your friends all day long and there are lots and lots of choices. You know there is collard greens, there is the Asian green vegetables like the Bok Choy and the mustard greens and there are so many choices.

If you are in a community where access to these foods is not so high, if you can even have a little container garden maybe you are in an apartment or something like that just a pot or two of soil. You can grow a

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lot of good things for yourself. You don't necessarily have to be on acres and acres of land to make this work.

So women always ask me **how much fiber rich food is enough** for this purpose. So ok ladies, look at your plate that you are going to use for your meal and **you are going to make it about half of your plate**. That is right, half or more of your plate is going to be these friendly fibrous non starchy deep dark green leafy vegetables. That is our goal, half or more of your plate.

You are going to fill up on that food. It's so nutrient dense. It's not calorie high and it doesn't have the kinds of sugars that will cause you to gain that fat. **The other quarter of your plate can be nutritious kinds of protein** and I would strongly recommend considering using fish, grass fed beef or chicken preferentially let's say over beans.

If you want to be more vegetarian or vegan about it then lentils are probably going to be ok. Some of the beans can be a little too starchy for the purposes of PCOS weight loss. We will go into that in more depth in a different recording just to honor the time that we have for this.

So fiber and fiber rich foods are your friend when working to keep your blood sugar as even as possible for losing weight when you have to deal with PCOS and its realities and frankly just as important **read all labels** please for your foods, your drinks, and your snacks carefully particularly if you have noticed that the packaging has changed.

Anytime they make the packaging look all sexy and pretty and jazzy that usually means the contents of the product has changed. So just because you have used it for the last 12 years doesn't mean that the contents are still the same. So **read those labels ok and look at the carbohydrate content**.

Again you are **trying to keep your total carbohydrates low** for what you eat in any given meal so that you don't accidentally spike your blood sugar. Try for **keeping the meals at 25-30 grams of carbohydrate** content, sugars or lower. With the sugars "labeled as carbohydrates" on your food labels, 25-30 grams or lower per meal that is your target.

You got to draw yourself a bull's-eye put that information right in the center. You are going to keep beverages and snacks at 10 grams of carbohydrates or lower.

So what some folks do because they have kids or they are eating out what they will do is if they want to have a soda and I am not saying that a soda

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is a health food, I am not even remotely trying to say that but **if you are going to do it measure it**. So if the whole can of soda is 40 grams of carb you can't have more than 10 at that time.

So that means it would be 25% or a quarter of the can of soda and you are going to **eat your fiber and your protein first**. So your vegetables and your proteins go in your mouth first and **that will help dampen the effect** if you are going to cheat and have something like a small amount of soda. **You don't dare drink a whole soda all at once**. It is way too many carbs at one time unless of course you want to stay stuck with issues with PCOS weight loss and put yourself in the PCOS weight gain success. That is how that works.

Ryan: Yeah its funny you triggered a couple of thoughts as you were walking through that Beverly.

One is sometimes its funny food companies out there for some of the less healthy food options like soda for example they have come out with more and more of these sort of small cans. So the portion control is done for you and that even might be too high of an amount because I don't know off hand how large those cans are but you keep one of those in your purse or you hang onto it with you, well worst case scenario even if you lose control you are going to drink the whole half can rather than the whole full can or a 24 ounce or 36 ounce whatever the size is for the big bottles.

Then the other thought was when you were talking about reading food labels recently I saw a news report about a food and I can't remember if it was a breakfast cereal or it was a cookie or a snack item or something like that but anyways on the front of the box it said something like new now vitamin C added you think wow vitamin C added that's great. They are trying to be healthy but here is the kicker when you turn the box around and you look at the actual label, the actual nutrition data it was 0% vitamin C.

So I don't know how they got away with that, if it was at a certain amount, a trace amount they can legally say that or if it's something that slipped by the authorities or if it was a misprint on the box but the moral of the story the message there is to follow your advice and to really read the ingredients carefully on the back of the label not with the marketing message says on the front of the box.

Dr. Yates: Yeah that is a great point that you raised, it's true. **There are all kinds of trickery**, sometimes mistakes, but sometimes really its purposeful trickery and also **look at the serving portion** because sometimes the serving size it might be 2 chips, 2 corn tortilla chips or 2 potato chips or it might be

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18, it makes a difference. Look at the serving size and then figure out how much of it you can actually eat if you feel that you really need to eat these things that we know that are going to be trouble. So you don't set yourself back really for week's purposes of work for just a moment's indiscretion. You have to balance these things out.

Ryan: Right. I love your advice to **fill up on the kale, chard, and spinach** and those types of foods because if you are going to overdo it on anything, right because you feel like you need to really fill your stomach. If you are going to overdo it on anything overdoing it on a little extra kale is probably as good as you can hope for.

Dr. Yates: I will tell you, you're right. That is our goal. **If you are going to overdo it, please dive into those dark leafy green vegetables**, those are your friends.

Ryan: So is there anything else, anymore good quality sort of, I know you really pride yourself and focus on giving credible well researched information. Is there anything else that would be helpful to know about blood sugar in this recording series?

Dr. Yates: Another recording that I had done recently has some really wonderful information and is very much a partner to this recording.

So check out the tips and info in the second recording of the series where I talk about **why using artificial sweeteners and fake sugars is not a good idea** and it might directly get in the way of PCOS weight loss success and help you with avoiding PCOS weight gain.

Many people use those fake sugars thinking it is going to help them and it can be a trap in a very different way that is not obvious and **research has shown clearly the linkage between those things** and I know the general public doesn't know that stuff.

So the title of that recording is **PCOS Weight: Craving the Truth about Sugar**. Of course **it is free**, that information you are welcome to look at it any time online in the iTunes podcast section or you can look for it on YouTube or on my website <http://www.PCOS-Weight-Loss.com/blog>.

So I sure hope you have learned something of value from this recording and for more info go to <http://www.PCOSWeightLossTips.com> right now for more information.

Ryan: Beverly as always, thank you so much for your time today.

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Dr. Yates: You are welcome, take care.

Ryan: As Beverly mentioned to learn more about Dr. Beverly Yates and her programs and to actually **get a complimentary free report** containing some weight loss tips and secrets that we didn't yet cover in this interview which are all geared specifically for women with PCOS you can visit **PCOSWeightLossTips.com**.

Once again that is **PCOSWeightLossTips.com**.

Thanks so much for being with us. Take care.

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