



"PCOS and Fat Loss...

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Introduction

Ryan: Hi, this is your host Ryan and I am here 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 she is 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, part of Dr. Beverly's PCOS Weight Loss Tips Series, we are going to be talking about **healthy fats and the role that they play in PCOS weight loss**.

Beverly welcome to the call and thanks for being here.

Dr. Yates: Hey. Good morning. How are you doing?

Ryan: I am doing great. How are things over in your neck of the woods?

Dr. Yates: Oh, we are doing fine here. Thanks so much. Looking forward to this podcast because I think we can do some myth busting.

Ryan: I love it. Every call with you is another myth busting interview.

What Women with PCOS Need To Think About When Eating Fats

Ryan: So let's dive right in. I mean fats is one of these things I feel like there are **so many misconceptions** and I know we are going to debunk a number of the myths out there and I know if we focus on PCOS for a moment I know from our previous conversations many women looking to lose weight probably think that they can't eat any fat, that eating fat in general is a bad idea.

So what is it that women with PCOS or polycystic ovarian syndrome need to think about when they are eating fats just kind of generally speaking?

Dr. Yates: Well you know you are right. **A lot of people who are looking to lose weight do have this idea that all fat is bad and it is a misconception, it's a myth.**

So in general women with PCOS over the years they tell me that they have avoided eating fats of all kinds and this includes, unfortunately, the healthy kinds of fat. **There are good kinds of fats to eat.**

So on the surface this is understandable right, as anyone looking to lose weight wants to cut calories and fat is obviously a source of calories but many people assume that the calories from fat are particularly bad for losing weight and so then they overdo it typically when they drop out fat from what they eat.

Ryan: Right, right. **So then is it true then that eating any kind of fat is bad for PCOS weight loss success?**

Dr. Yates: No. No it's not true at all.

For success for losing that stubborn PCOS weight it just doesn't want to let go **eating a modest amount of healthy fats is really a good idea** and it's more likely to lead to the desired goal of shedding those unwanted pounds.

The **hormone imbalance is responsible for some of the health issues** that come from PCOS including weight gain, acne, cravings, and fertility issues and **will respond well to eating healthy fats.**

So bottom line is this, **the healthy fats that you eat will influence your overall hormone balance in a positive way.** If you eat unhealthy fats it is going to influence your overall hormone balance in a negative way. Right?

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So the **healthy fats can nourish your body**, it is going to give it what it really needs in terms of important building blocks for improving hormone balance and improved wellness which is so important when you have polycystic ovarian syndrome.

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Blood Sugar Control While Eating Healthy Fats

Ryan: Beverly, I know from just our prior interviews that we have done together and blog posts that I have read on your website and just some of the other information that is available online that **blood sugar control is really important for PCOS weight loss.**

How does that relate to our conversation today and how careful does a woman with PCOS need to be with eating fats?

Dr. Yates: Okay great question.

So for these particular women it is **important to be careful and to pay attention to what kinds of fat are eaten** and that can really pay off in terms of losing more PCOS weight and feeling better overall.

So a woman who has PCOS really will have to **focus in on eating those healthy kinds of fats** and eliminating, I mean really eliminating unhealthy kinds of fats otherwise, she is going to stay trapped in those hormone imbalances that cause the problems in the first place.

Fats That Are Important To Avoid

Ryan: So let's talk about that for a minute.

You talk about **some fats that are important to avoid. What are some of those fats?** Fats that you want to completely avoid or eliminate if you are really looking to sort of optimize your weight loss with PCOS.

Dr. Yates: Yeah you know these are things that are **really important to pay attention to** and specifically she can start by eliminating, truly eliminating that means none, eliminating all trans-fats, all hydrogenated fats, hydrogenated vegetable oils, all margarine, all lard, and all fat back.

You can always **read labels** or if you prepare your own food you don't add these things in.

These kinds of fats are a disaster and for PCOS can cause even more of a problem with hormone balance. They directly interfere with wellness and these are a no.

Ryan: Interesting. Now one of the things that I think is really important to bring up sort of on a very practical level and **this is sort of a universal thing** not just specific for women with PCOS and that is **reading labels as it relates to trans fats** because there is one thing that I know and I have noticed is that I think in the United States, at least, it is legal on the front of a food label to say zero grams of trans fat, zero g trans-fat if there is less than a certain amount. I don't know what that number is.

Dr. Yates: Yeah you are right. There is a threshold for that and in fact in the last 2 weeks there has been some legislation and some different regulations put out or in process from the FDA, the Federal Drug Administration here in the US and I know we get response interaction from all over the world. So look wherever it is that you live or you're governing about this. There is some movement here to clamp it down and have zero actually mean zero.

Ryan: Right.

Dr. Yates: Yeah. We have made progress. This was say 30 or 40 years ago but it is still not the amount of full honest disclosure that one would expect. You would think zero would mean zero wouldn't you.

Ryan: Right, no I know.

I think the solution in the meantime, at least the solution that I use, is if you **turn the package of food around and you actually read the**

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ingredients even if it says zero grams of trans-fat in the front if there is a trace amount of any form of trans-fat like a hydrogenated oil. If you look at the label and if it says partially hydrogenated whatever then there is in fact trans-fat even though it says zero g in the front.

So you really, the only thing that you can truly trust, at least right now until maybe this regulation that you mentioned sort of passes, **is to actually look at the ingredients list** which is a little bit time consuming but if you really want to avoid it that is something that we try to do.

Dr. Yates: Yeah and that is a practical tip. I tell people that it is not paranoid to read labels even if you bought a product for years.

Ryan: Oh totally.

Dr. Yates: Sometimes it changes, the formulation and in particularly two keys **visually**, one if you look at that package and suddenly the packaging is different they got it all spiffed up and pretty then it's time to read the label because that may mean another company has bought them or they have bought the division or subsidiary or different business unit. The other time is **just to make it a regular practice** because formulations change and not all manufacturers even the health food world will fully disclose upfront hey we changed something important about what we are doing.

Ryan: Do you know what? It's so true and I will leave you with this one very specific example that happened to us recently and we will continue in a minute.

I don't know if you are familiar with Tom's brand of toothpaste.

Dr. Yates: Yes I am.

Ryan: So Tom's was acquired by and I can't remember if it was Colgate or Crest, you might know.

Dr. Yates: I think its Colgate.

Ryan: Maybe it's Colgate, yeah. So Tom's was acquired by Colgate. Now Tom's was an independent company and they had all of their formulations for years. Well as soon as they were acquired by Colgate about 6 months later their formulation on all their toothpaste completely changed.

Dr. Yates: That's right.

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Ryan: Not that Tom's was the healthiest option out there but it's a good option because it is pretty widely accessible, you can get it at most grocery stores or Whole Foods. You don't have to order it from a very specialty retailer. Well anyways, after Colgate acquired them they completely changed the formulation and its much less healthy now as an alternative form of toothpaste then it used to be just 6 months before the acquisition. So point is that happens all the time and you are right.

You really do need to kind of constantly keep on top of the ingredients lists.

Dr. Yates: Yeah **you got to be vigilant.**

I am a fan or I was a fan of Tom's toothpaste and I know exactly the transition I went through that and I looked at the label and I was really disappointed. I am sure their profit margins went up but their health portion went down. So oh well.

Ryan: Right totally.

Fats That Are Okay To Eat

Ryan: Hey listen we have talked a lot about stuff to watch out for but you kind of alluded to the fact that you know **not all fats are bad**.

So why don't we talk about some of the good fats or the fats that are maybe okay to eat if you are looking to lose PCOS weight?

Dr. Yates: Yeah sure thing. Let's cover that.

There are some kinds of fats that are good to eat when you have PCOS including when you are trying to lose weight.

So to help with that weight loss eating the healthy fats you focus on these; eating olive oil, palm oil, and in fact we were just talking about Ryan here is the deal. **You got to read the label**. Palm oil a lot of people go oh isn't palm oil a trans-fat or oh isn't palm oil hydrogenated. **Read the label**. Palm oil when it is left in its actual natural state it is fine for health purposes. It is only when it comes hydrogenated that it turns to the trans-fat that we don't want. **So read the label**.

Safflower oil that is another good one, coconut oil, yes I know it's a saturated fat it's also good for you. It specifically helps, believe it or not, with metabolism and then also sesame oil. Those are usually safe. Those are good choices and they are healthful for you.

Now here is one that people don't expect. Using a small amount of organic butter or organic ghee, ghee for those who are unfamiliar with this is clarified butter. That is okay too. It has some nutrients that are good for your gut, for your digestive tract and **when I say small amount I am not kidding** folks. I mean about 1 to 1 ½ teaspoons of ghee or butter. Not 3 tablespoons or more at one time. You can't have a party with the butter. Not a good idea.

Ryan: Right. Interesting. Wow. I never would have thought but that is actually really smart.

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Does Getting Rid Of All Fats Apply To PCOS Weight Loss

Ryan: So let's talk about something a little bit different for a moment.

For some kinds of weight loss and I am talking about stuff that is maybe not necessarily related to PCOS. The advice that you hear in a lot of popular books and blogs and even on shows like The Doctors and TV and everything like that. **The advice that is given is to get rid of all fat, don't eat any fat ever. Does this apply to PCOS weight loss?**

Dr. Yates: Yeah. You know it is interesting and specifically to answer your question, **no it doesn't apply to PCOS weight loss.**

Bottom line is you don't want to overdo it on your oil consumption but you do **want to focus on using the healthy oils** that I mentioned for your cooking needs and for meal preparation.

Now in terms of fats and it's used for PCOS weight loss for some aspects of the weight loss for people who don't have PCOS that advice might make sense when they are in an active, certainly in the first parts of the weight loss programs but it **doesn't apply for PCOS specifically.**

It is far more healthful and sustainable to actually lose weight with eating healthy fats as part of an overall weight loss plan and not just eliminate all fat from your diet.

Your body is going to use these healthy kinds of fats to make your hormones, many people don't know that hormones come from fat and that you need to have enough fat in order to make enough of the good kind of hormones right.

You need fat to repair your nervous system, keep the digestive tract and your skin healthy and other more good stuff that comes from eating fats.

So these healthy fats **provide important nutrients for your health** and wellness. It's not smart to eliminate healthy fats from your diet over a long period of time. Even if you are trying to lose weight when you have PCOS.

Ryan: Interesting. I know we are just touching on this topic here because there is not a lot of time in this short interview but this is something that you cover in a lot of detail right in your comprehensive programs?

Dr. Yates: Yeah.

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Ryan: You talk about what actual foods to eat and things to avoid and what to do when you are going out to eat and what kinds of substitutions to ask for and all that stuff.

Dr. Yates: Absolutely.

I give people really **practical guidelines** for when you are traveling, if you are traveling for business, if you are attending family events, parties, business things, social things, when you are eating on your own, when you eat out. **All the aspects of life where nutrition and diet and food choices can make such a difference** and if you know what to do you can stay on track. You won't be derailed.

The PCOS weight loss diet is the **comprehensive plan to really specifically say here is what the nutrition process needs to be** and if you stick with this you will get there and ladies we will be realistic. You are not going to lose 20 pounds in a week. It just doesn't work like that for us ladies. However, if you stick to those guidelines and do the things that make sense **over time you should really get the results.**

I find a lot of times women know like 3 or 4 really important things to do but they don't know the other 7 that make the difference for success.

Ryan: Right. It really comes down to sort of putting it all together. It is kind of like you can exercise until you are blue in the face but if you come home and eat 3 Big Macs at McDonalds. Well you know it doesn't matter how much you exercise.

Dr. Yates: Exactly. One person I talked to I could not believe her situation. She was working her butt off. She had great advice from her trainer. 5 days a week she is working out and her exercise regimen for her made sense and then you know what the advice was that she got from the same trainer on the weekend?

Ryan: What's that?

Dr. Yates: She could have either Saturday or Sunday as her cheat day and her cheat day she could eat as many carbs as she wanted. Guess who couldn't lose weight Ryan with PCOS and was gaining weight. I am just shocked. I am like oh my god that is wrong thing for her to be doing. Anyway.

Ryan: The good news is sometimes it really is just that one last piece that you might be missing. You might be doing 6 out of, the analogy that I always use that I like for this sort of thing it is sort of like you imagine a boat tied to a dock a big ship tied to a dock and maybe it's tied with 7 strands of

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rope right. 7 ropes tying it to the dock. Well you can untie all 6 of those 7 ropes but the ship isn't going to move an inch until you remove that 7th rope.

Dr. Yates: That is right. You are not going anywhere. That is true.

Ryan: Right. So sometimes that is what it is. **It is just you might get 6 out of 7 things right** and what I love about your programs in particular because they are specifically geared to helping women with this very specific set of needs is that you really **walk through what those things are and you make sure that there is really no stone left unturned**. So you don't make a mistake that you think is maybe something harmless that isn't making a big difference when really it is sort of the one thing holding you back.

Dr. Yates: Yeah that is true. People sometimes get so close.

Quiz

Dr. Yates: In fact in part I thought with this particular podcast we could have a little fun and **I created a few quizzes** because I really want to drive home some specific what I hope are helpful points.

So let's get to our quizzes.

Ryan: Sure let's do it.

So now I know you sent this over to me and what you would like for me to do here is read through the question and then the options and then you are going to cover the right answer correct?

Dr. Yates: That is correct. Yep.

Ryan: Alright perfect.

So alright the first question that I have from you and I have the options here but I don't know the right answer. So you are going to have to reveal this. I think I can take a guess but I will play along together.

So okay the first question is this. **If you have PCOS is fertility affected most by A. the amount of fat that you eat B. the types of fat that you eat C. how well you control your blood sugar or D. how high your percentage of body fat is?**

Dr. Yates: Okay everybody what is the answer. Is it A, is it B, is it C, or is it D? Okay ding ding ding.

The answer is C. **How well you control your blood sugar.**

Ryan: Interesting. Okay.

Dr. Yates: Now I know that you might be thinking that the answer was D. how high your percentage of body fat is but although percent of body fat is important particularly for fertility controlling blood sugar is number one. **It is even more important in terms of fertility.**

So controlling blood sugar is also the key to PCOS weight loss. These things are tied together. So if you are interested in fertility fine, if you are not interested in fertility fine, but **controlling blood sugar is the name of the game for PCOS weight loss** and as you lose that PCOS weight your body percent of fat if it started out too high it's likely that your

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percentage of body fat will also go down and that will be in response to controlling your blood sugar.

So that is such a central issue that will affect a lot of different health parameters. It will help cholesterol normalize, all sorts of things.

Ryan: Interesting. Wow. It's amazing how important controlling your blood sugar really is.

Dr. Yates: Yeah it is.

Ryan: I feel like not a week goes by that I discover something new about the importance of doing that.

I know that is something that you talk a lot about and really how to do that because the question is well how do you monitor your blood sugar, what do you do to control it, and I know what you cover in detail is extremely helpful in that respect. So good stuff.

Well I got another question here for our fun little quiz. It is sort of related to the first one. So why don't we do this one.

So okay question number two is, **what is best for improving fertility if you want to have a baby? Is it A. dropping your body fat percentage as low as you can, is it B. raising your body fat percentage as high as you can, is it C. maintaining your body fat percentage in a healthy range, or is it D. your body fat percentage really doesn't have any effect on fertility?**

I think I know the answer on this one.

Dr. Yates: Okay well here we go. Ding ding ding. The answer is C. **maintaining your body fat percentage in a healthy range.**

So here is the deal, if your body fat percentage is too low your fertility is lowered. If your body fat percentage is too high your fertility is lowered.

It's really clear for humans that **there is a range in which it is possible to become pregnant and have a baby.** If your body is outside your personal normal range for your weight and your body fat percent your fertility goes down and in the case of too high body fat percentage that excess weight gain results in difficulty for fertility and this affects the ability to have a baby at all or to sustain a pregnancy to term and just as important for women with PCOS difficulty with getting pregnant and having

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a baby is **strongly tied to both having a too high body fat percentage and to having blood sugar levels that are too high.**

You need to get to a healthy range for both body fat percentage and a healthy range for blood sugar balance.

Now some prior podcasts and articles I have gone into great depth on how PCOS weight gain happens and blood sugar control and how body fat is made. So if you want more information on that you can check out these other resources that are available including the podcast, articles, and blog posts for more info.

Ryan: Very interesting.

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Most Important Thing about Eating Healthy Fats That You Should Know

Ryan: Now as we are kind of winding down here I always love to ask this question because I feel like you always have a great answer.

What if you could boil it down to just one thing, **what is the number one most important thing about eating healthy fats, kind of our topic for today that women and girls dealing with PCOS weight issues need to know?**

Dr. Yates: Okay number one most important thing you need to know is this, **you don't need to be afraid of eating fats.** Stick to the healthy fats. You can eat those, the ones that are outlined previously in this podcast in amounts that are healthful but not so much it causes you to gain weight. So you add it **very gently to your food.** You don't drown your food in the oils.

A small amount of healthy fat is good for your overall health even if you have PCOS.

Let me say it again. **You don't need to be afraid of eating healthy fats.** Eating those healthy fats helps to improve your hormone balance, helps you to feel full and satisfied when you eat, and helps to tame food cravings too.

Healthful fats are **part of a sustainable healthy eating program** for PCOS wellness including PCOS weight loss.

Ryan: Perfect. Beverly thank you so much again for your time today. I always enjoy talking with you.

Dr. Yates: Same here. Thank you so much Ryan.

Ryan: To learn more about Dr. Beverly Yates and her programs and to get a **complimentary free report** containing weight loss tips and secrets all geared specifically for women with PCOS visit **PCOSWeightLossTips.com.**

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

Thanks so much for being with us. Take care.

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