

Introduction

Part I: What?

- What is PCOS? What kinds of PCOS exist?
- Who has PCOS, and what are they at risk for?
- How do you know if you have PCOS?

Part II: Why?

- Type I PCOS: PCOS caused by being overweight and/or insulin resistant
- Type II PCOS: PCOS caused by metabolic and psychological stress
- Type III PCOS: PCOS caused by hypothyroidism
- Type IV PCOS: PCOS caused by brain abnormalities
- Combining types of PCOS: Case studies
- Discerning your type of PCOS
- Factors that promote the development of PCOS

Part III: How to overcome PCOS

- How to overcome PCOS: 75 percent diet, 25 percent strategy
- Diet
 - Foods to avoid and why
 - Foods to eat and why
 - Changing our food habits: a brief Q & A about how to implement these dietary changes
- Strategies for everyone
- Specific strategies for type I PCOS
- Specific strategies for type II PCOS
- Specific strategies for type III PCOS: Hashimoto's and non-Hashimoto's hypothyroidism

Part IV: alternative treatments

- Helpful supplements for PCOS
- Herbs
- Foods with potent PCOS-fighting properties
- Optimizing thyroid function with medication or other interventions
- Medication
- Ovarian Drilling

Part V: Moving Forward