

# Are You Puzzled?

Well, Mari's weight struggle from last month certainly stirred up plenty of new letters and consequent 'challenges' for me.

Mari has now completed her health review and I am currently working on her free program, I am confident that she will do well!

For those that are still a bit coy please don't hesitate to write, as I won't bite!

I appreciate that health is a private subject for some and will try and sensitively help all those that have taken the time to write to me.

## PCOD causes Weight Gain!

Nicola, there is no doubt that Polycystic Ovarian Disorder (PCOD) is contributing to your weight gain. One in eight Australian women suffer from it and diet & lifestyle play a big part in effectively treating it.

Nicola of Nth Fitzroy writes:-  
*"I have counted, weighed, palmed and pill popped my way to a hefty credit card bill, but have not lost a kilo. I suffer from PCOD & I can't seem to lose weight. I feel tired all the time & depressed, can you help me?"*

By way of explanation, cysts attached to your ovaries produce an excess of a hormone called androgen.

This may trigger excess facial hair, acne, hair loss and weight gain.

It also means your periods may become infrequent, painful and heavy, or stop altogether.

The problem is PCOD leads to insulin resistance. This means your body doesn't burn fat as it should.

It also means you store fat at a much faster rate and can't lose it.

## Lipoic Acid

Lipoic acid is a highly effective product that supports glucose regulation associated with PCOD, as it will greatly improve insulin sensitivity.

Research also supports a link between magnesium deficiency and insulin resistance and we recommend Fibroplex Plus, which contains magnesium, selenium and chromium – all beneficial in supporting healthy weight loss associated with PCOD.

## Thyroid Function

Your tiredness and low mood could be associated with a low thyroid function.

Sub-clinical hypo-thyroidism is an under-active thyroid not severe enough for blood test identification.

Your thyroid gland plays a vital role in regulating your metabolism, temperature control and your entire hormonal system.

Diet has a part to play in supporting your thyroid gland.

The group of foods known as goitrogens has a thyroid depressing effect, so it is recommended to avoid these foods.

Unfortunately, they are otherwise very good for you and indeed emphasized in for

general health. These include foods such as soy products and the cruciferous vegetables - cabbage and broccoli.

**Narelle Stegehuis**  
NDANPA

## Thyrotone

'Thyrotone' is a formula that many of my patients love. It provides nutritional support for thyroid function.

Nicola, I will contact you shortly to obtain your further health particulars so that your free comprehensive program can be compiled and forwarded to you.

"See" you all in next month's edition – till then, I wish you good health!

— Narelle

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## Published Letter To Receive Free Program valued at \$99

If you would like Narelle to assist you with health issues that may be puzzling you please write to:

**"Are You Puzzled" c/- The Editor at Toorak Metro News**  
**PO Box 2224, St Kilda West 3182**  
**or email: editor@toorakmetronews.com**

Your privacy will be respected and your personal details will not be published. Letters should be to the point, not exceed 250 words, be typed and are subject to editing.

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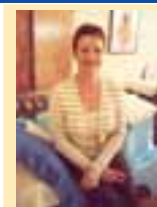
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