

## **Migraines & Weight Gain**

This young woman came in for a consultation because she was having problems with marked weight gain, difficulty losing weight, irregular menstrual cycles, irritability, mood swings, excess body hair, and other issues.

### **Medical Condition**

Migraines, weight gain

This young woman came in for a consultation because she was having problems with marked weight gain, difficulty losing weight, irregular menstrual cycles, irritability, mood swings, excess body hair, and other issues.

Her diagnosis was PCOS with insulin resistance. She was started on steady dose, low progestin birth control pills: (Ovcon 35) and Glucophage (metformin).

### **Physician's Comment**

I recommended that Ruby use Your Hormone Power Plan™ and follow the food balance guidelines in my book, Women, Weight, and Hormones. I also suggested that she participate in Weight Watchers for behavioral and emotional support.

### **Ruby's Comment**

"Today is my 35th birthday, but thanks to you, my body is almost back to what it was at age 21. I've lost 2.5 lbs in the last 2 weeks, which has NEVER happened to me before! Not even in the first few weeks of [Weight Watchers]! I now weigh 122, and am only 4 lbs away from my goal of 118. The best part is that I tried on a pair of shorts today that I wore when I met my husband, 14 years ago. They fit! And I probably only weighed 113 the last time I wore them! It's all because the hormones combined with fixing the [insulin response] have made me capable of building muscle and burning fat like a normal woman! .....I've actually been feeling pretty amazing! .....The diet you promote is a leading cause of my new-found health. I'm so excited! ..... "Thank you so much. I am shouting your name from the rooftops right now, because if other women just do some of the things you suggest, I think they'll find the same success I have!..."

- Ruby, 35