

3<sup>rd</sup> World Congress on

# POLYCYSTIC OVARIAN SYNDROME

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## Felice Gersh

*Integrative Medical Group of Irvine, USA*

### Fasting mimicking diets: A novel therapy for PCOS

It's now recognized that PCOS is a condition characterized by intrinsic inflammation and an altered gut microbiome. Systemic inflammation drives the varied symptoms experienced by women with PCOS, including such problems as cystic acne, irregular cycles, obesity, infertility, insulin resistance, and hypertension. New data shows that by changing the gut microbiome, one can reduce systemic inflammation. Lowering inflammation in women with PCOS is a daunting task. Fasting has been shown to lower systemic inflammation and also to change the microbiota makeup of the gut, impacting all aspects of metabolic wellbeing. This presentation will introduce a novel and effective means to improve the health of women with PCOS through periodic fasting, by utilizing a fasting mimicking diet.

### Biography

Felice Gersh is a Board Certified in both OB/GYN and in the new specialty of Integrative Medicine. She has graduated from the prestigious Fellowship in Integrative Medicine at the University of Arizona School of Medicine, received her Undergraduate degree from Princeton University, and her Medical degree from the USC School of Medicine. She has graduated as the top female student and was invited to join Alpha Omega Alpha, the elite medical honor society, open only to the top 5% of medical student graduates. She subsequently taught for over a dozen years as a Clinical Assistant Professor of OB/GYN at the Keck USC School of Medicine, has been the recipient of numerous awards, is a renowned national and international Lecturer, a Researcher, the author of book chapters and articles on women's health, has been featured on many web summits, webinars, and podcasts, and is currently writing a book on PCOS. She serves on several medical advisory boards, for medical industry and for non-profits, and is a sought-after forensic medical expert. She works alongside her team of lifestyle and holistic practitioners at the Integrative Medical Group of Irvine, where she is the Medical Director.

[fgersh@integrativemgi.com](mailto:fgersh@integrativemgi.com)

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