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Nurturing the microbiome: A new therapeutic approach to polycystic ovary syndrome

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The human body is not what it was once thought to be; in actuality it is a super-organism. The bacteria and viruses within and on our bodies are critically important to maintaining our well- being, including all aspects of our metabolic and reproductive functions!! The microbiome works in an amazingly synergistic manner to maintain our homeostasis. The bacterial genetic material within the gastrointestinal tract, called the gut microbiome, has now been identified as a vital component of our existence. Research is now showing that an altered hormonal milieu, combined with an unhealthy diet, is likely a major component of the PCOS epidemic, stemming from the alterations occurring to the gut microbiome. Working with diet to modify the gut microbiota is therefore a key part of the treatment of PCOS. This presentation will review the basics of the gut microbiome, how it is developed, and how dietary choices can impact the microbiome to reduce the severity of PCOS symptoms and their negative health impact.

Biography

Felice L Gersh received her Undergraduate degree from Princeton University, Medical degree from USC School of Medicine, and Residency at the prestigious Kaiser Hospital, Los Angeles. She is an Award Winning Physician, sought after National Lecturer, and Medical Advisor to multiple world class companies. She is one of Fellowship Trained Integrative, Board Certified Gynecologists in the nation. Because of her extensive knowledge of the complex inter-relationships of the body's organs, she recognizes the need to investigate all aspects of health, always working to re-establish a healthy gastrointestinal tract, evaluate and eliminate environmental toxicants, ensure adequate sleep, good mood, great nutrition, high energy and balanced hormones.

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Page 49