

MEDIA RELEASE

For immediate use:

PCOS Journal Released to Help Women Understand and Manage their Health

A local mum has just launched her “paper baby,” the 2019 PCOS Journal. The Journal is more than a day planner – it was created specifically for women with polycystic ovary syndrome (PCOS) to help them nurture, track, understand and take ownership of their health.

Melissa Christie, the mother of a two-year-old son from the Northern Rivers of NSW, created the Journal during her own personal fertility journey having tragically lost her first baby in the womb.

“In the wake of my overwhelming grief, I went about painstakingly researching this medical condition I was told I had. I wanted to find out more about my diagnosis of PCOS, what it meant for my future fertility and how I could treat it, whilst also nurturing my body and health,” Ms Christie said.

“I quickly realised how little support there was for women with PCOS and I decided I wanted to contribute to changing this. I felt like we deserved better. My understanding of my own health and the treatments available to us grew and this knowledge changed my life. I wanted to share all I had learnt and I wanted a better way for women with PCOS to manage their health, so I created the 2019 PCOS Journal.”

PCOS is a complex endocrine (hormonal) disorder comprised of a set of symptoms that affect all women with it differently. There is no definitive cause, no definitive cure and PCOS is the most common endocrine disorder in the world. Most devastatingly, this condition is also the leading cause of fertility issues in women.

According to Ms Christie, the beautifully-illustrated Journal not only offers women an inviting solution for planning their day-to-day social and professional lives, but it also provides a comprehensive understanding of our PCOS symptoms, cycles and treatment options.

The PCOS Journal includes:

- A series of charts that will help a woman track her cycle, weight, daily habits, PCOS symptoms, treatments and more
- Knowledge of a complete spectrum of approaches to treating PCOS including Western medicine, Chinese medicine, massage, and Ayurveda
- Healthy and simple changes a woman can make to her lifestyle today, and ideas to nurture her health (physically, mentally and emotionally)
- Delicious and easy recipes, all low GI (medically, the most researched diet for helping women with PCOS)
- A comprehensive explanation and food sources of PCOS “super nutrients” such as zinc and magnesium
- The opportunity to track a multitude of test results, including hormones, thyroid and ultrasound
- Complete explanations of PCOS, how to track your cycle, health modalities, yoga practices, nutrition and more

Ms Christie said there is the option of purchasing a 2019 PCOS Journal by itself, or packages including 2 or 4 Journals for a special price, for a gift for friends or relatives. There are also wholesale prices available for larger orders.

<https://www.pcospathways.com/>

Background Information

About Melissa Christie and PCOS Pathways

PCOS Pathways is an online resource dedicated to empowering women with PCOS by sharing information about the many treatment options available for the condition. PCOS Pathways has been developed by Melissa Christie, an Australian mum with PCOS.

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