



Allan Warshowsky, MD, FACOG, ABIHM

Polycystic Ovarian Syndrome – An Integrative Approach to Healing

Disclosure Statement:

Allan Warshowsky, MD FACOG, ABIHM has indicated he is an Advisory Board Member for Xymogen Professional Formulas.

About the lecture:

Polycystic ovarian syndrome (PCOS) is a disorder characterized by irregular menses, hyperandrogenism and enlarged and polycystic ovaries. Its etiology remains unknown and conventional treatment is usually symptom based. PCOS has the potential to cause metabolic syndrome and associated risk of diabetes and cardiovascular problems.

An effective integrative approach to diagnosis and treatment will be discussed.

About Dr. Warshowsky:

Dr. Allan Warshowsky is a board certified Ob-Gyn who had been in private practice from 1977 – 2009 in the New York City and Bethesda, MD area. He spent the last ten years developing a practice of integrative holistic women's healthcare. He has opened his practice to include men and teens and is located in Rye, NY.

His practice therapies range from the conventional to the purely integrative, holistic. These healing modalities include: nutritional therapy, vitamin and herbal treatments, lifestyle changes, bio-identical hormone therapies, visualization and imagery, and other stress modification techniques.

He has had great results treating the discomforts and problems of menopause and andropause using natural, bio-identical hormones and other integrative, holistic approaches.

Dr. Warshowsky has been very successful as a facilitator of optimal health. to those in need. His book "Healing Fibroids A Doctors Guide To A Natural Cure", published by Simon and Schuster, describes Dr. Warshowsky's holistic program for fibroid tumors of the uterus which has helped countless women to avoid major surgery.

Dr Warshowsky was a founding physician and director of the Women's Program at Beth Israel's Continuum Center for Health and Healing form 2000 -2003.

He is a Founding Diplomat of and Director Emeritus of the American Board of Integrative Holistic Medicine.

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