



the PCOS diet foregoes caloric restrictions, carb counting, fat counting, portion limitations or required exercise, the majority of women who have used it have experienced successful weight loss, improved health and fertility.

During an eight-week study conducted by the TTUHSC team, women lost an average of 19 pounds, with some participants experiencing a weight loss of more than 30 pounds. The PCOS Diet is licensed as a Texas Tech technology and is commercially available at [www.pcos-diet.com](http://www.pcos-diet.com).

The next step for TTUHSC researchers to develop an app women can subscribe to on a monthly basis that provides the latest research-proven methods for managing PCOS. The app will include PCOS diet instructions, grocery lists, recipes, healthy hints for eating out at restaurants, motivational videos and more.