



## Empowering Women with PCOS to Transform Their Lives

*Insulite Health Partners with MindPT, Mindpower Technology, to help women with Polycystic Ovarian Syndrome (PCOS) and hormone imbalance make positive health change more quickly.*

DENVER, CO, March 08, 2017 **/24-7PressRelease/** -- Insulite Health has partnered with Kim Serafini of MindPT, Mindpower Technology, a leader in positive priming, to help women with PCOS transition to feeling better more quickly with their brand new MindPT session called: "I am Thriving with PCOS".

Why is this exciting? Because it's a revolutionary approach to success!

In just 3-4 minutes a day women with PCOS (Polycystic Ovary Syndrome) can be positively primed creating a positive impact on mood for up to 8 hours, promoting a healthier change in beliefs so women can transition much easier from unhealthy habits to healthier habits with a lasting effect. It's a technology-based application, a video, of scientifically proven principles of positive psychology and neuroscience. The viewer is "primed" to succeed to create a better life.

PCOS is fast becoming the biggest health concern for women across the globe. It's not well understood and getting a diagnosis is difficult because every woman presents with different symptoms of hormone imbalance.

The path to wellness for women with PCOS is confusing and can be complicated because there is no medical solution. Insulite Health, [pcos.com](http://pcos.com), is a pioneer in teaching women how to take charge of their health to heal from devastating symptoms of PCOS like unexplained weight gain, facial hair, thinning hair, debilitating fatigue, acne, infertility, hot flashes and terrible mood swings.

But oftentimes it's hard for women to take the steps necessary to heal because they're stuck in unhealthy behaviors and habits. Positive change begins with a change of mind or adoption of a new mindset and thought habits. That's why the Insulite Health PCOS 5-Element System is based on the Insulite 5% Solution, teaching women to make small healthier adjustments over time to reach their health goals while supporting the brain to make these adjustments. The Insulite Health brand new MindPT session goes right along with this philosophy.

"I am Thriving with PCOS" is a video that contains 1,000 inspiring images along with 200 empowering affirmations specifically targeted to help women heal with PCOS, that can be watched in as little as 3 minutes from a smart phone, tablet or computer. And it's much easier than meditation because there's nothing to learn and no mind to quiet.

The user adds her name to the session and can actually upload some of her own images to make the session more meaningful.

Shawn Achor, one of the world's leading experts on happiness and success from Harvard University uses MindPT in his 21 Days to Happiness program on the Oprah Winfrey Network. Here's what he says about MindPT: "Happiness is actually a choice. (Healing) takes a positive and engaged brain and what we've discovered is that it's not just your genes or your environment that causes you to process the world in a specific way, but what we've found is that you can consciously cultivate a different mindset of the world, literally change the lens through which your brain is processing the world. Why I got excited about MindPT is that you have a technological solution that allows the changing of the lens to happen so easily inside the human brain with such an extraordinary opportunity on the backside to improve everything from our health outcomes to business outcomes, educational outcomes...or how they experience going through some sort of trauma recovery."

Further research is now being done on how this technology might impact such things as test scores and customer service ratings at a call center.

To learn more about the brand new "I am Thriving with PCOS" MindPT session, please visit:

<http://bit.ly/IamthrivingwithPCOS>

### About Insulite Health

Insulite Health was established in 2001 in Boulder, Colorado USA, to research, develop and test a scientifically-based, multi-layered approach to addressing the problems associated with Polycystic Ovary Syndrome, a potentially dangerous condition with devastating side effects. Reversing the condition requires a complete, specialized system that incorporates potent

nutrients; a tailored nutrition plan; an exercise plan designed to increase insulin sensitivity; a component that addresses cravings; and an extensive support network.

Over the past 16 years Insulite Health, [pcos.com](http://pcos.com), has been the leader in supporting women with PCOS to transform their lives. Recognizing that this condition is becoming the world's number one health concern for women, millions of women need a systematic approach to reversing insulin resistance and balancing hormones. For further information, visit [www.pcos.com](http://www.pcos.com), call 888-272-8250 or send an email to [media@insulitehealth.com](mailto:media@insulitehealth.com)

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