



PCOS

PCOS (Polycystic Ovarian Syndrome) is an umbrella term for a collection of symptoms that can involve ovarian cysts, excess testosterone, and irregular or absent periods. PCOS often results from underlying inflammation and blood sugar imbalance. The inflammation and insulin resistance can lead to elevated insulin, which can lead to excess testosterone. This can lead to symptoms such as irregular or heavy periods, acne, excess hair growth, PMS, weight gain, infertility, and sugar cravings. Key ways to balance hormones and blood sugar to find relief from PCOS symptoms involve eating an anti-inflammatory diet and incorporating lifestyle changes such as daily movement and stress-management. Read more below:

AVOID THESE FOODS

Inflammatory foods to reduce that impact hormones and blood sugar:

- **Refined Vegetable Oils:** soybean, canola, Mazola, corn, sunflower, safflower, grapeseed, etc.
- **Highly processed Foods:** fast food, salad dressings, chips, crackers, frozen meals, nut butters, sauces, seasonings, candy, etc.
- **Sugar:** sweetened drinks, pastries, ice cream, sweetened yogurt and oatmeal, artificial sugar
- **White flour:** bread, pasta, tortilla, pastries
- **Dairy** (unless organic or grass-fed): milk, cheese, cream, butter, yogurt, whey, etc.

**Read ingredient labels on packaged foods to determine if it is a healthy choice. Only choose products with ingredients you recognize and trust.*

THERAPEUTIC FOODS

Eat a balanced meal/snack every 3-4 hours.

Balanced: Protein + Healthy Fat + Fiber-rich Carb

Eat 2-3 cups of non-starchy vegetables daily

Colorful (antioxidant-rich) plants: berries, dark leafy greens, turmeric, herbs, spices, cacao powder, green tea/matcha, unsweetened hibiscus tea

Anti-inflammatory fats: olive oil, avocado oil, avocado, nuts, seeds, salmon, sardines, anchovies

Mineral-rich foods: cacao powder or dark chocolate over 70%, pumpkin seeds, chia seeds, almonds, beans, oysters, beans/lentils, dark greens

Fiber-rich carbs: eat 25-35g daily of a variety of foods: fruit, veggies, nuts, beans, whole grains, etc.

Veggies for hormone detox: broccoli, cabbage, asparagus, kale, sprouts, carrots, mushrooms

Drink 1 tsp apple cider vinegar in 1 cup water before meals to improve insulin sensitivity.

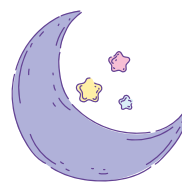
LIFESTYLE HABITS



Incorporate low-impact movement for 30min daily: walk, yoga, weight lifting, Pilates.



Practice daily stress management such as deep breathing, meditation, journaling, etc.



Sleep for 7-9hrs every night. Reduce screen time before bed and get a few minutes of sunlight in the morning.



Reduce toxin exposure by reducing plastic use, harsh chemicals, and teflon cooking pans.