



General Tips for Successful Management of PCOS

PCOS is a label for a hormonal state that may cause problems with ovulation. However, as of late, even those without ovulation issues are being given this diagnosis.

The important thing to keep in mind is that what we have decided to label as PCOS is merely a pattern of imbalance. Patterns can, and often do change. In fact, the body is an exquisitely intelligent, self-regulating entity that is capable of amazing - even seemingly miraculous changes. Any state the body is expressing is merely a reflection of the physical, emotional, mental, and spiritual content of your life at the present time.

The key to changing any pattern in the body is to change how you are living. Life itself is the most potent medicine for transformation. It may be necessary to take medications for a time, or maybe even forever. That doesn't negate our natural ability to influence physiology via healthy eating, thinking, feeling and moving.

Even if you are taking medications, there are many things you can do to naturally re-establish the balance it never forgets how to achieve. Your body ALWAYS wants to be in balance, to be healthy, strong, vital, and fully alive. If you are experiencing symptoms and problems, these are your body's way of communicating to you that it is having difficulty completing the journey to balance and wholeness. It knows exactly what it needs to do. It just needs the right support.

Start with simple, easy steps to remove stress from your body, mind, and spirit. Stress can manifest through many channels, not just emotional ones. Processed foods, poor sleep habits, lack of exercise, chronic dehydration, and over indulgences in caffeine and sugar all put tremendous amounts of stress on our biology. Therefore, the following simple steps will do wonders to assist your body in expressing the innate healing wisdom it always wants to demonstrate.

1. Drink at least 3 liters of water a day
2. Reduce or eliminate caffeine. Research has shown that caffeine promotes the growth of cystic tissue
3. Reduce or eliminate foods containing flour (even whole wheat flour), white sugar and animal dairy. 1 - 2 servings a week would be ideal
4. Eat a high-protein, low sugar breakfast. The ideal is eggs (or egg whites), and plain, non-instant oatmeal. A small amount of brown sugar in the oatmeal is okay.
5. One serving of fruit a day
6. Move your body daily for 20 - 30 minutes continuously. Walking, yoga, jogging, rowing, Zumba - just do some form of intentional movement at least 5 days a week.
7. Go to bed before 11 pm and wake before 7 am. By synchronizing your body with the natural circadian rhythm of the sun, you will eliminate a tremendous amount of stress on your endocrine glands.

8. Eat a light, simple dinner. Avoid large, heavy, rich, greasy or high carb meals at the end of the day.

Ask your doctor about adding these supplements to your diet for 3 - 6 months:

- Melatonin - 3 mg at bedtime
- Myo-inositol: 4 g per day - divided into two doses, one in the morning, one at night
- Ubiquinol: 400 mg per day - one 200 mg capsule with breakfast and lunch
- R-alpha lipoic acid: 200 mg - preferably 30 minutes before a meal
- N-acetylcysteine: 600 mg
- L-carnitine: 3 g per day

Add one or two of these into your daily routines until you have incorporated them all into your daily routine.
You will be amazed at the shifts you experience!

Feel free to email us ANYTIME with questions. We are always here to help.
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