

ROOT CAUSE REZ TOOLKIT: PCOS

Polycystic Ovary Syndrome (PCOS) is a common metabolic and hormonal disorder in women that can cause symptoms such as acne, irregular periods, excess hair growth on the body, and weight gain. The root cause of PCOS in most women is the same: insulin resistance leading to too much testosterone. The good news is that PCOS can be improved, and often reversed, with the right combination of lifestyle changes and supplementation.

Enjoy this Root Cause Rez Toolkit - it can guide you through changes you can make to reach hormonal balance. I recommend working with a qualified medical provider when making these changes, and please know that these recommendations do not serve as medical advice.

ROOT CAUSE

Improve your diet to decrease sugar and carbohydrate intake.

Focus on tons of veggies (at least 2 servings per meal).

Have a serving of lean protein with every meal (poultry, fish, eggs, legumes, grassfed beef).

Include healthy fats in each meal (olive oil, olives, avocado, nuts/seeds).

Include complex carbs like sweet potatoes, whole grains, winter squashes, and root veggies once or twice per day but couple them with protein and fat to slow glucose absorption.

Ditch sugary drinks and snacks, as well as processed foods.

AMANDA'S TIPS

Challenge yourself to eat ten servings of veggies every day.

Put special emphasis on cruciferous veggies like broccoli, kale, cauliflower, brussel sprouts, cabbage, bok choy.

Experiment with new recipes and different ways to prepare veggies.

Eat at regular intervals - three meals per day with snacks based on hunger cues. This will keep your blood sugar balanced.

Download my free PCOS Mealplan for 7 days of healthy hormone meals and snacks!

www.amandaswanaprn.com/pcos-meal-plan

Get moving!
Exercise increases insulin sensitivity and improves body composition.

Aim for 30-60 minutes of aerobic exercise 3+ times per week.

Include both cardio and weight/resistance training.

Find an activity that you love - that way you'll stick with it. Work out with friends, or join a group fitness studio.

If you haven't worked out in a while, start slow and increase your frequency and intensity over time.

Consider having your body composition checked on the InBody scanner - it will help you to know when you are gaining muscle and losing fat.

Supplement Smartly

Inositol: 1200mg per day (doses from 200-4000mg were used in studies).

Berberine: 500mg two to three times daily.

Cinnamon: 125mg twice daily.

N-acetylcysteine (NAC): 600mg three times daily.

Use a combination of myo-inositol and d-chiro-inositol for best results.

Take berberine with food. Use caution if taking with insulin sensitizing medications.

Ceylon form of cinnamon is preferred but may be difficult to find. Cassia cinnamon should not be taken at doses that exceed what is recommended. Do not take high doses of cinnamon if you have liver problems.

You do not need to take all of these supplements. Most women see benefit with one or two. Consult with an integrative medicine practitioner to determine what is best for you!

I always recommend buying supplements from professional brands which have been tested for quality. These brands are typically only available through practitioners. I give my patients access to these brands and products at a discount via Fullscript, my online supplement dispensary, and am happy to extend this to you, too! Visit here to make your account or login: <https://us.fullscript.com/welcome/aswan> Then search for the PCOS section in "My Favorites" to find direct links to the products mentioned in this toolkit.