



## POLYCYSTIC OVARIAN SYNDROME (PCOS)

### Nutritional Support Protocol

It is important to understand that PCOS has its origin in insulin resistance. The goal of this protocol is to improve insulin sensitivity and to control insulin levels.

#### **Lifestyle Recommendations:**

1. Avoid stress and extra obligations.
2. Avoid alcohol consumption and smoking.
3. Participate in a regular balanced exercise program that includes wearing a pedometer to ensure that you collect steps and move more. High intensity short bursts (20-60 seconds) of activity during the day is recommended to enhance growth hormone release. Also engage in resistance training that works all major muscle groups (work each group at least 2 times a week).
4. Check blood vitamin D levels. Supplement with Vitamin D Synergy, 2 or more per day, until optimal levels are reached: 50-100 ng/ml.
5. Practice good sleep habits and get between 8-9 hours of sleep a night. Take the "Are You Getting Enough Sleep?" questionnaire and follow Insomnia Nutritional Support Protocol if needed.

#### **Dietary Recommendations:**

1. Avoid all sugars. Replace sugar with the polyol sugar xylitol.
2. Avoid white flour and all refined carbohydrates including cereals and pasta.
3. Get a balance of omega 3's (salmon, mackerel, herring, sardines) and omega 9 fats (olive oil, olives, almonds, hazelnuts, avocados).
4. Choose lean, clean quality protein at each meal such as chicken breast, turkey breast, lean beef, fish (especially salmon and sardines), eggs and whey protein.
5. Avoid hydrogenated vegetable oils and fried foods.
6. Cook with olive oil at a low heat.
7. Snack on vegetables and small amounts of nuts, olives or avocado.
8. Eat 5-9 servings of fresh fruits and vegetables daily (fruits must be limited to 1 -2 per day due to sugar content) OR add one heaping tablespoon of PaleoGreens and PaleoReds to your favorite drink.
9. Carry PaleoBars with you to prevent missing snacks throughout the day.

#### **Supplement Recommendations:**

In addition to the core nutrient program recommended by your Health Care Professional and/or from the results of your most recent Designs for Health Metabolic Profile:

##### Phase 1

<b>Metabolic Synergy:</b>	2 capsules at breakfast, lunch, and dinner
<b>Iodine Synergy:</b>	1 capsule per day
<b>OmegAvail Synergy:</b>	1 softgel with each meal

##### Phase 2

<b>FemGuard + Balance:</b>	2-4 capsules per day
<b>XanthOmega Krill Oil:</b>	2 softgels per day with food

##### If dysbiosis

<b>GI Microb-X:</b>	2 capsules per day
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Monitor vitamin D levels - if needed, vitamin D is 1 capsule a day

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