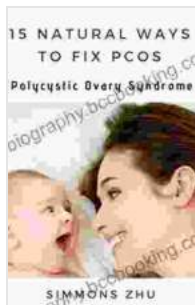


# 15 Natural Ways To Fix PCOS: Reversing Polycystic Ovary Syndrome Holistically



## 15 Natural Ways to Fix PCOS: Polycystic Ovary Syndrome by Cal Pater

★★★★★ 5 out of 5

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Polycystic ovary syndrome (PCOS) is a common hormonal disorder that affects women of reproductive age. It is characterized by the presence of cysts on the ovaries, irregular periods, and high levels of male hormones. PCOS can cause a wide range of symptoms, including weight gain, acne, infertility, and mood swings.

While there is no cure for PCOS, there are a number of natural ways to manage the symptoms and improve your overall health. These methods include:

### 1. Lose Weight

If you are overweight or obese, losing weight can help to improve your PCOS symptoms. Losing weight can help to lower your insulin levels,

which can help to reduce the production of male hormones. It can also help to improve your fertility.

## **2. Eat a Healthy Diet**

Eating a healthy diet is important for everyone, but it is especially important for women with PCOS. Eating a healthy diet can help to improve your insulin sensitivity, which can help to reduce your PCOS symptoms. Focus on eating plenty of fruits, vegetables, and whole grains. Limit your intake of processed foods, sugary drinks, and unhealthy fats.

## **3. Exercise Regularly**

Exercise is another important part of a healthy lifestyle for women with PCOS. Exercise can help to improve your insulin sensitivity, reduce your stress levels, and promote weight loss. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.

## **4. Get Enough Sleep**

Getting enough sleep is important for everyone, but it is especially important for women with PCOS. When you don't get enough sleep, your body produces more of the hormone cortisol, which can worsen PCOS symptoms. Aim for 7-8 hours of sleep each night.

## **5. Manage Stress**

Stress can worsen PCOS symptoms. Find healthy ways to manage stress, such as yoga, meditation, or spending time in nature.

## **6. Take Supplements**

There are a number of supplements that can help to improve PCOS symptoms. These supplements include:

- Inositol
- Chromium
- NAC
- Berberine

## 7. See a Doctor Regularly

It is important to see your doctor regularly if you have PCOS. Your doctor can monitor your symptoms, check your hormone levels, and recommend treatment options.

## 8. Be Patient

Managing PCOS takes time and effort. Don't get discouraged if you don't see results immediately. Keep at it, and you will eventually see an improvement in your symptoms.

PCOS is a challenging condition, but it is manageable. By following these natural remedies, you can improve your symptoms and live a healthy and fulfilling life.



### 15 Natural Ways to Fix PCOS: Polycystic Ovary

**Syndrome** by Cal Pater

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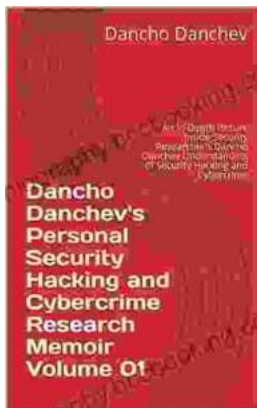
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