

PCOS

ISSUE 01

**A HOLISTIC GUIDE TO
UTERINE WELLNESS**

FREE

An overview of herbs, supplements, and essential oils for
treatment



PCOS

ONE OF THE MOST COMMON AND COMPLEX ENDOCRINE DISORDERS, PCOS AFFECTS **1 OUT OF 10** WOMEN IN THEIR CHILDBEARING YEARS. WHEN APPROACHED TIMELY, PCOS IS **EXTREMELY TREATABLE**, THUS AVOIDING INFERTILITY.

THERE ARE SEVERAL FACTORS THAT PREDISPOSITION A WOMEN TO HAVE PCOS. THESE FACTORS INCLUDE:

- “ OBESITY
- “ GENETICS
- “ ENVIRONMENTAL EXPOSURE TO TOXINS
- “ INSULIN RESISTANCE
- “ HIGH ANDROGEN LEVELS
- “ METABOLIC IRREGULARITY

IN MANY INSTANCES, WOMEN WILL HAVE A COMBINATION OF THESE FACTORS. A THOROUGH CHECK UP BY YOUR HEALTH CARE PROVIDER IS NECESSARY TO KNOW WHICH FACTORS MAY BE AFFECTING YOU. FROM THERE, A CONCISE PLAN CAN BE CREATED FOR YOU

PCOS

PAUSE

WHAT ARE YOUR PREDOMINANT FACTORS?

RANK THEM HERE



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RESTORE & NOURISH

PCOS

“ SAW PALMETTO ”

“ LICORICE ”

“ VITEX (CHASTEBERRY) ”

“ WHITE PEONY ”

“ BLACK COHOSH ”

SAW PALMETTO MAY HELP **STABILIZE** HORMONES AND **ALTER** TESTOSTERONE LEVELS BY REDUCING DHT, AN ANDROGEN THAT GIVES TESTOSTERONE SUPER STRENGTH! HENCE THE SYMPTOMS OF FACIAL HAIR GROWTH, ACNE, MENSTRUAL ISSUES, AND HAIR LOSS

LICORICE, IN COMBINATION WITH WHITE PEONY, HAS SHOWN TO BE EFFECTIVE FOR WOMEN WITH PCOS WHO ARE TRYING TO **CONCEIVE**. THE PROPERTIES OF THESE HERBS COMBINE TO ASSIST IN **ENCOURAGING OVULATION** AND **REDUCING TESTOSTERONE** LEVELS. SPEAK WITH YOUR HEALTH CARE PROVIDER OR HERBALIST, AS LICORICE CAN INFLUENCE BLOOD PRESSURE

A PLANT DERIVED ESTROGEN, BLACK COHOSH MAY **DECREASE** THE RATIO OF LH:FSH. IT'S OPTIMAL FOR WOMEN TRYING TO **CONCEIVE** AS WELL, AS IT **THICKENS THE ENDOMETRIAL LINING** AND **RAISES PROGESTERONE** LEVELS

AS THE PITUITARY GLAND AND OVARIES COMMUNICATE, VITEX IS THERE TO MAKE SURE THEY'RE CONVERSING IN **HARMONY**. VITEX CAN ASSIST WITH SYMPTOMS SUCH AS ACNE, CYSTS, ENDOMETRIOSIS, AND MISCARRIAGE BY INCREASING PROGESTERONE AND BALANCING TESTOSTERONE LEVELS.

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SUPPLEMENTS FOR

PCOS

“ OMEGA 3'S ”

“ INOSITOL ”

“ NAC ”

“ MAGNESIUM ”

“ CHROMIUM ”

THE FATTY ACIDS IN OMEGA 3'S HAVE ANTI-INFLAMMATORY PROPERTIES, WHICH HELPS REDUCE INSULIN RESISTANCE. RESEARCH HAS SHOWN THAT OMEGA'S ASSIST YOUR BODY IN **UTILIZING** INSULIN

THE CARBOCYCLIC SUGAR INOSITOL SERVES MANY FUNCTIONS FOR THE HUMAN BODY. IN REGARDS TO PCOS, STUDIES HAVE SHOWN THAT VITAMIN B9 MAY HELP **REGULATE** THE MENSES CYCLE, **SUPPORT** OVULATION, AND **IMPROVE** METABOLIC FUNCTIONS

IN THE DIABETIC COMMUNITY, CHROMIUM HAS BEEN PROVEN AN EFFECTIVE MEASURE TO CONTROLLING, AND EVEN LOWERING, BLOOD SUGAR LEVELS. A **MULTI MINERAL SUPPLEMENT** IS MOST SUITABLE FOR THOSE WITH PCOS

NAC (N-ACETYL CYSTEINE), THE AMINO ACID AND ANTIOXIDANT ASSOCIATED WITH GLUOTHIONE, ASSISTS IN DECREASING THE PRIMARY ISSUES WITH PCOS, TO INCLUDE: WEIGHT LOSS, HAIR LOSS, SKIN CLARITY, BODY HAIR, AND BLOOD GLUCOSE.

ONLY **35%** OF US ADULTS ARE GETTING THE RDA OF MAGNESIUM, THE MINERAL RESPONSIBLE FOR OVER 300 FUNCTIONS IN THE BODY. MAINTAINING SUFFICIENT LEVELS IS IMPORTANT FOR WOMEN WHO NEED ASSISTANCE WITH METABOLIC SYNDROME

PCOS

PAUSE

WHAT ARE YOUR GOALS PERTAINING TO PCOS?

WRITE THEM HERE



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PCOS

REGARDLESS OF THE EXTERNAL AND INTERNAL FACTORS THAT ATTRIBUTE TO PCOS SYMPTOMS, I HOPE THIS GUIDE OFFERED YOU COURAGE AND EVEN DIRECTION ON WHERE TO START IN WOMB HEALING IN THIS ASPECT.

PLEASE SHARE YOUR NOTES WRITTEN ABOVE WITH YOUR HEALTH CARE PROVIDER. THIS WILL COMPLETE YOUR HOLISTIC CARE.

THERE ARE MORE GUIDES AVAILABLE ON OUR [WEBSITE!](#)

IF YOU NEED 1:1 GUIDANCE WITH AN HERBALIST, YOU MAY BOOK WITH ME AT YOUR CONVENIENCE.

