

How to Beat PCOS Naturally & Regain a Healthy & Fertile Life Now



*A Simple Guide on PCOS Diet & Exercises
to Conquer PCOS Permanently Today*

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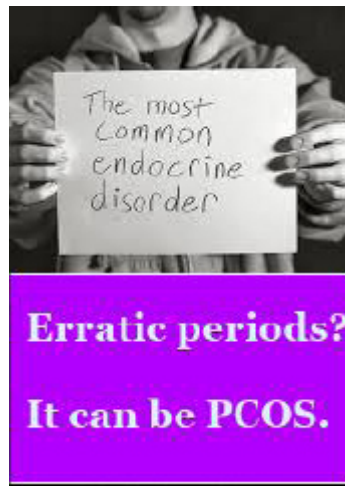
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Introduction

I want to thank you and congratulate you for downloading the book, *“How to Beat PCOS naturally & Regain a Healthy & Fertile Life Now”*.

This book will open your eyes to the horrors brought by PCOS as well as educate you on how to empower yourself and tackle this pesky problem head-on to get rid of it from your body with finality. This book contains everything you need to know about this endocrinal disorder which has been plaguing more than 6 million American women today. It will lead you to the path of regaining your healthy and fertile life the natural way as well as teach you how you can stay PCOS-free for the rest of your reproductive life.



Thanks again for downloading this book. I hope you enjoy it!

Chapter 1 What Is PCOS And How Do You Tackle It?

PCOS or Polycystic Ovary Syndrome is a health problem that affects 1 out of 15 women of child bearing age. It is a hormonal disorder where women of reproductive age produce a surplus of androgens (*male hormones*) and very little of estrogen (*female hormones*) and progesterone.

Normally, females produce limited quantities of the male hormones (androgens) which are later converted into estrogens or the female hormones. Estrogens are vital to the development of the sexual and reproductive organs of women. If the female body produces androgens in excess (*as in the case of women with PCOS*) it triggers a series of hormonal changes which ultimately hamper or hinder ovulation as explained later in this chapter. (*PCOS is the number one cause of infertility among women.*)

Apart from the difficulty with getting pregnant, other symptoms of PCOS which the affected women may experience include:



- Irregular or absence of menstrual periods
- Obesity or weight gain

- Acne, dandruff, and oily skin
- Flaps of skin in the neck and armpit areas
- Pelvic pain
- Thinning hair
- Anxiety/Depression
- Sleep apnea
- Thickening and/or darkening of patches of skin on the arms, neck, thighs, or breasts.
- Cysts developing on the ovaries

Causes of PCOS

Experts are not really clear about what the exact causes of PCOS are. They are however quite convinced that genetics may have a hand on it. Common observation shows that if you have a mother or a sister afflicted with the syndrome, there is at least 50% possibility that you will be afflicted too. Studies have shown proof that it runs in the bloodline. Apparently PCOS has encoded itself into the DNA of some people.

However, although experts are still befuddled as to the exact cause or causes of PCOS, they are definite about one thing – it is an endocrinal disorder that results in a hormonal imbalance where one hormonal change triggers a chain reaction of other hormonal changes inside the female body.

Based on extensive studies, some medical researchers have narrowed down their investigation to the uneven ratio between the Follicle Stimulating Hormones (FSH) and the Luteinizing Hormones (LH). Most women with PCOS have a ratio of 1:3 FSH to LH.

The Follicle stimulating hormones are responsible for the growth and maturity of the follicles from which comes the egg through the process called ovulation. FSH is secreted by the anterior pituitary gland but in case of women with PCOS there is little FSH that is produced. And, because there is a lack of FSH, their follicles fail to mature preventing them from

producing eggs. Instead, the follicles half develop into tiny resting follicles or cysts in the ovary.

On the other hand, the high levels of the Luteinizing Hormones trigger the production of more androgens particularly testosterone which in turn results in the thickening of the endometrial tissues of the uterus – the reason for heavy or intermittent menstruation among women with PCOS. The presence of androgens in excess also results in abnormal hair growth and unsightly acne.

One other significant change which results from hormonal imbalance among women with PCOS is insulin resistance or the inability to use which results in the buildup of blood sugar levels. If left without treatment, it may lead to a more severe condition – diabetes.

How Doctors diagnose PCOS

Women with PCOS may exhibit various signs and symptoms of the disorder. It varies by type and severity from one woman to the other. For an initial diagnosis, the doctor will determine if any two of the following symptoms are present before proceeding with more tests to confirm the initial findings:

- Abnormality in the menstrual cycle such as longer menstrual intervals lasting 35 days or more; having less than 8 menstrual cycles within the year; or having no menstruation for 4 months or longer.
- Physical signs of elevated androgen such as severe acne, Hirsutism or may too much facial and body hair, and male pattern baldness (alopecia).
- Enlarged ovaries. The ovaries of women with PCOS contain numerous small cysts. After physically examining you and the doctor suspects your ovary is enlarged he may ask you to undergo ultrasound to confirm his suspicion. Talk with your doctor if you have menstrual irregularities — such as infrequent periods,

prolonged periods or no menstrual periods — especially if you have excess hair on your face and body or acne.

There is a need to diagnose and treat polycystic ovary syndrome early in order to avoid long-term complications which may include the risk of having:

- Type 2 diabetes– Half of the women with PCOS risk having Diabetes or at least an impaired glucose tolerance by the time they reach the age of 40;
- Greater risk of having high blood pressure;
- Elevated levels of low density lipoprotein (LDL –“bad” cholesterol) and low levels of high-density lipoprotein (HDL- “good” cholesterol)
- High C-reactive protein levels indicating a cardiovascular disease;
- Fatty liver leading to a severe liver inflammation caused by accumulation of fat in the liver;
- Abnormal uterine bleeding
- Endometrial cancer caused by exposure of the uterus lining to high levels of estrogen;

How is PCOS treated?

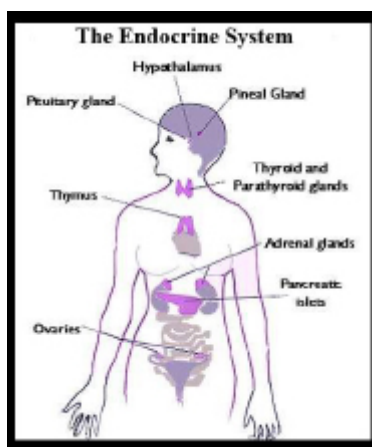
The bad news is there is no known cure for PCOS. The fact that medical researchers do not fully understand why hormonal imbalance occurs among women of reproductive age afflicted by this disorder makes it harder for them to determine its cause much less find a cure for it. At best, the only thing they do is provide relief for the many symptoms associated with the disorder.

For example, to address the unexplained weight gain and spikes in blood sugar levels, doctors normally recommend certain lifestyle changes that incorporate regular exercise and a healthy diet their your day to day activities. To get rid of the more unpleasant symptoms, doctors may prescribe medication specific to alleviating specific symptoms. For those who wish to get pregnant a hormone treatment may be given. Each of

these symptomatic approaches is meant not only to ease the condition of the patient so they can live a normal, fertile life but also to prevent the condition from progressing into more serious health complications in the future.

Chapter 2 Hormones: How They Affect Your PCOS And How To Balance Them Again

As mentioned earlier, there is no known cure for PCOS. Treatment is at best symptomatic and depends on the type and severity of the signs and symptoms manifested by the patient, as well as on her immediate goals. Essentially, the various treatment options are focused on merely counteracting the various symptoms resulting from the hormonal imbalance that comes with PCOS and not in correcting the hormonal imbalance itself.



For a long time, the medical profession believed that PCOS is a reproductive system disorder. It was only recently that it recognized PCOS as a disruption of the endocrine system which causes the hormonal imbalance. The endocrine system is a group of organs, cells, and tissues that produces hormones. Hormones are the chemical triggers that regulate various processes of the body like growth and metabolism. Their functions are geared towards maintaining homeostasis or a state of equilibrium of the human.

For reasons yet to be determined by medical researchers, the hormones of women with PCOS get screwed up and disrupt the natural balance. A change in the balance of a single hormone can trigger chain reaction of changes that can adversely affect various functions and body processes. One hormone change can trigger a wrong signal leading to another

change then another and so on. This is what medical experts believed as happening inside the body of women afflicted with this endocrine disorder.

At the onset, PCOS may not be life threatening. However, left unattended, it may cause serious complications as the wrong signals effected by the hormonal imbalance continue to be sent - leading to a catastrophic build-up through the years which may prove to be disastrous later on. For lack of understanding the real cause or causes of PCOS, the medical profession has been limited to attacking the various symptoms of the disease. And because these treatments are symptomatic, the effect is at best temporary –the hormonal imbalance continues.

Therefore, there is no ‘one size fits all treatment for PCOS. The treatment regimen depends on the kind and severity of the symptoms the PCOS patient is exhibiting. Among the more common treatment for PCOS are:

- Birth Control Pills – Birth control pills are usually prescribed by doctors for women who are not ready to become pregnant yet. They help regularize the menstrual period, cut down androgen excess, and increase progesterone.
- Oral Fertility Medicines - For women desperately trying to get pregnant, oral fertility medication like Clomiphene is usually prescribed to establish regularity of ovulation. Oral fertility medications stimulate ovulation however, the doctor will have to rule out first all other possible reasons for the infertility before such medication is prescribed. Gonadotropin shots are sometimes recommended. Gonadotropin works like Clomiphene but with Gonadotropin the patient risks having multiple births.
- Anti-diabetic Drugs like Metmorfin are also usually prescribed for PCOS patients with insulin resistance. Such drugs help the body utilize insulin well preventing blood sugar levels from going up and out of control.

- Ovarian Drilling – This is a risky surgical approach which involves making a cut below the belly button and inserting a tube through which a needle with an electric current goes through to puncture and destroy a small section of the ovary. The procedure is believed to aid the lowering of androgen levels and enhance ovulation. Unfortunately, there is the danger of creating a scar in the ovary which may result in more complications. The effect is also not long lasting. Because of the risk involved, this procedure is considered a treatment of last resort for women desperately wanting to get pregnant.
- Anti-Androgen Medication against hair growth – Doctors may prescribe drugs that reduce hair growth and treat acne. An example of this is Alactone (*Spiroinolactone*) – a drug that was originally developed to treat high blood pressure but was found out to be effective in combating the effect of androgens on the hair growth on women.
- Lifestyle Changes - Women with PCOS are prone to gaining weight and becoming obese which may aggravate their condition leading to more serious health problems. The best way to manage PCOS is with proper diet and regular exercise. Keeping your body weight at normal, healthy levels prevents PCOS from causing more serious health conditions such as diabetes, high blood pressure, and other heart diseases. The first line of defense against Polycystic Ovarian Syndrome is proper nutrition coupled with a daily exercise regimen.



Chapter 3 PCOS Exercises

You must have realized by now after reading through the first two chapters of this book that Polycystic Ovarian Syndrome is a complex disorder that extends beyond having difficulty getting pregnant to having metabolic and psychological problems as well such as insulin resistance, depression and anxiety. To manage it promptly and effectively, there is a need for some lifestyle changes that include regular exercise and a healthy diet as the first-line treatment.



There is mounting evidence showing exercise, alone or in combination with a proper diet, improves the over-all health and well-being of PCOS patients. Ideally though, they should be used in combination with each other. When combined with a proper diet, exercise can heighten the effects of a good diet on the reproductive and metabolic functions of patients.

One such study showed that exercising at least 3X a week for 30 to 60 minutes over a period of three to six months vastly improved reproductive functions to include regularity of menstruation and enhanced ovulation rate.

Over a six-month period, the study showed that exercising alone (not combined with a diet) resulted in more frequent menses and higher over-all ovulation rate as compared to having only a low-calorie, high-protein diet. The same study showed a 35% pregnancy rate among those who exercised regularly compared to only 10% pregnancy rate among those who only went on a dietary regimen. This study definitely

underscores the importance of incorporating exercise to a lifestyle change aimed at effectively managing PCOS.

Types of exercise for PCOS Intervention

Various exercise interventions for managing PCOS have been studied and most of them were found to be effective in improving the clinical aspects of the PCOS patient - regardless of whether the exercise regimen is moderate or strenuous (*as in aerobic exercise or weight training*). This means there is no need to have a variety of different exercise regimens. Injecting variety is only meant to further motivate you to go on. Moderate exercise such as walking with intermittent strenuous exercise is highly recommended. The most important thing is to be able to sustain an exercise regimen regularly over time until you achieve your goals.

The '*Evidence Based Guideline for the Assessment and Management of PCOS*' published in The Medical Journal of Australia last September gave the following key exercise recommendations for women with PCOS:

- 150 minutes per week (or five sessions lasting 30 minutes each)
- At least 90 minutes of this should include moderate to strenuous aerobic activity (targeting sixty to ninety per cent of maximum heart rate).

Please note that this recommendation may not lead to weight loss but it will definitely prevent weight gain. You need to realize that there are more beneficial health benefits of exercising regularly other than weight management.

Exercises for Building Endurance

Endurance exercises refer to any physical activities that can increase the heart rate well above 50% of your maximum heart rate. The objective of endurance exercises is to develop your energy production systems to meet the demands of a particular

activity. In plain words, it means developing your ability to tolerate stress and overcome fatigue.

Endurance exercises make your lungs work doubly hard to increase your breathing and well as make use of oxygen more effectively. They work out your lungs, heart, and your circulatory system to build your endurance so that you can accomplish your day to day activities with great ease while at the same time preventing the onset of diabetes and cardiac diseases by burning excess calories stored in your fats.

Here are some simple endurance exercises with the corresponding number of calories they burn per hour off a 160 lb. person (*Source: Mayo Clinic*):

- Walking (at 2 miles per hour will burn 187 calories– at 3.5 miles per hour, it will burn 277 calories)
- Swimming (will burn 511 calories)
- Working out with a stair-climbing machine or walking up a hill (will burn 657 calories)
- Running at 8 miles per hour (will burn 986 calories)
- Aerobic Exercises, high impact (will burn 511 calories)
- Jogging at 5 miles per hour (will burn 584 calories)

Other simple endurance exercises include yard work such as raking, mowing, and digging; riding the bike; dancing; playing tennis or basketball. Working with free weight is also one of the best ways to build up endurance, engage your peripheral muscles, and burn up those excess androgens.

Starter Exercises

Exercise is really nothing more than putting your bones, muscles, and your heart to work by moving them – something you can do even without expensive work out equipment or paying for membership in a gym. Isometric exercise is a classic example of this.

Isometric exercises are strength training exercises done in a static position. The angle of the joints and the length of the muscle do not change while pressing or exerting pressure against a movable force. Examples of these are squats, lunges and pushups. These are exercises you can easily incorporate into your current lifestyle without cost or with just minimal equipment yet can work wonders for women with PCOS.

An example of an Isometric exercise regimen you can do every day without leaving your home is shown below. You can adopt this simple exercise regimen to start your fight against PCOS. It may appear simple but it can make the greatest impact on your life.

Your daily isometric exercise regimen includes:

- Push-ups (6 to 10 reps)
- Soup Can Bicep Curls (20 to 30 reps)
- Sit ups or Crunches (10 to 20 reps)
- Toe Raises (25 to 40 reps)
- Walking lunges (10 to 15 reps)
- Deep Squats (5 to 10 reps)
- Toe Touches (10 reps)
- Cap the exercise with 20 minutes of brisk walking outside.

Altogether, it should take you no more than 30 minutes a day to finish the whole routine. Do it for 6 days a week for 6 to 12 months and it will give you better results than what you can get from oral medication.

Exercises Targeting Heart Rate

Exercises targeting heart rate aim to raise the level of your heart beat from normal (resting) to between moderate and high intensity. It means sustaining a regimen that will raise your heartbeat level as much as 50% to 90% of your maximum

heart rate. At this pace your cardio-respiratory endurance improves as you burn more calories.

Your maximum heart rate is based on your age and calculated based on this formula: $220 - \text{your age} = \text{your maximum heart rate expressed as Beats per Minute}$.

Following the formula, your maximum heart rate if you are 20 years old would be $220 - 20 = 200$ beats per minute. Your target heart rate therefore is 100 to 180 beats per minute (50% to 90%).

Knowing your target heart rate allows you to adjust the intensity of your workout accordingly. If you are a beginner, you can target 50% to 60% of your maximum heart rate. This is an easy level and any novice will feel comfortable with it. At this exercise level, you'd be burning 85% fat, 10% carbohydrates, and 5% protein to obtain the energy needed to sustain you through the regimen.

The next level up will bring you to the Aerobic Zone where you will be targeting 70% to 80% of your maximum heart rate. 20 minutes to one hour in this zone is recommended to get maximum health and fitness benefits. At this level, your energy comes from burning 50% fat and 50% carbohydrate and just a tinge of protein.

The next level is the threshold zone for advanced athletes. The target heart rate is 80% to 90% of your maximum heart rate. You should stay 10 to 20 minutes on this zone to get maximum benefits. Or, you may also incorporate this level in your interval training if you wish to.

You get to burn more calories as you target a higher heart beat zone. What you need to do to be able to target heart rate correctly is to take your heart beat after warming up (before you start the main exercise), then take it again after your exercise (before cooling down) to find out if you've reached the target heart rate for the desired exercise level. You may increase your intensity if you haven't yet reached your target heart rate.

Measuring your heart rate without a heart rate monitor before, during, and after your exercise regimen may be daunting but if you wish to maximize the benefits from your exercise regimen you need to take out the guess work. Here's a short cut way to do it.

- Using your finger (not your thumb, please) find your pulse on your wrist or neck.
- Take your pulse in 6 seconds (count the number of heart beats in 6 seconds).
- Multiplying this number by 10 will give you your heartbeat per minute.

Cardio exercises are the best exercises for targeting heart rate. They not only strengthen your muscles but really drive your heart to go pumping hard and fast. Here are some cardio workouts you can use to targeting heart rate:

1. High Intensity Interval Training or HIIT
2. Kettlebell Routines
3. Circuit Training
4. Plyometrics
5. Stair Exercises
6. Swimming
7. Cycling
8. Skipping Rope
9. Jogging
10. Playing Tennis
11. Going for a hike
12. Zumba Aerobic Exercise
13. Crossfit Training
14. Kickboxing
15. Playing Basketball

16. Body Combat Workout

17. Yoga

18. Belly Dancing

Exercises to Raise Metabolic Rate

Weight training exercises are the best exercises to raise metabolic rate. By metabolic rate we mean the basal metabolic rate or the amount of energy the body needs to keep body processes (blood circulation, breathing, cell growth, controlling body temperature, cell growth, etc.) going while at rest. It accounts for 2/3 to 3/4 of the total calories your body burns in a single day.

If you have more muscles your basal metabolic rate will be higher which means you'll also be burning more calories even while you are resting. Therefore, weight training which builds your muscle would be the best exercise to raise your metabolic rate. Studies have shown that weight training can increase your basal metabolic rate by as much as 15%.

Weight training is essentially strength training which makes use of resistance to induce the muscles to contract. It includes dumbbell exercises, Ball exercises, Band Exercises, Barbell exercises, and others which fall under the category of free weight. Free weight exercises are more efficient in increasing your basal metabolic rate as compared to using exercise machines. Weight training exercises include Squat, leg press, lunge, dead lift, leg extension, leg curl, standing calf raise, seated calf raise, hip adductor, bench press, chest fly, push-up, pull down, pull up, bent-over row, shoulder press, shoulder fly, lateral raise, shoulder shrug, push down, triceps extension, bicep curl, crunch, Russian twist, leg raise, and back extension.

Chapter 4 Low Glycemic Diet

Low glycemic diet generally refers to any dietary regimen that limits its choices of food in its meal plans to those with low glycemic index. The glycemic index or GI is a measure of how food releases sugar into the blood stream. The index sets glucose as the standard assigning it with an index of 100. Against this standard, all other foods are indexed on a scale of 0 to 100 depending on how fast the food is digested. In other words, the faster a food is digested the higher will be its GI number while the slower the food is digested the lower will be its GI number. A GI of 55 or is considered low; a GI of 56 to 79 is deemed moderate; and a GI of 70 or higher is dangerously high.



A low glycemic diet is a logical choice for women with PCOS since one of the most distinguishing symptoms of PCOS is insulin resistance. Insulin resistance is a condition where our body cells become resistant or fail to normally respond to the hormone insulin. It prevents insulin from delivering glucose to the cells causing the sugar to accumulate raising the blood sugar levels in the process. This also results in high levels of insulin which in turn stimulate the release of more androgens – further aggravating the PCOS symptoms.

Theoretically, by eating only food with low glycemic index you will be able to control or prevent spikes in blood sugar levels keep further build up of insulin. For this reason, a low GI diet will be beneficial and the diet of choice for women with PCOS.

Fortunately, the beneficial effect of a low GI diet to PCOS sufferers is no longer without factual basis. If before it was out of pure common sense that led PCOS patients to adapt the low

GI diet, today they have more reasons to make it an integral part of their PCOS management strategy. A recent study conducted by a group of scientists and lasted for one year focused on finding out the real benefits of a low GI diet to women with this disorder. 96 women with PCOS were selected for the study. Half of them were placed on a low GI diet while the other half was placed on a standard diet for 12 months. They made sure the calorie intake from protein (23%) and fat (27%) were the same for each diet for both groups. The over-all glucose index of the food given to the group on low-GI diet is 40 while the group on standard diet is 59.

The results of the study showed that the group on a low-GI diet manifested more encouraging improvements in their glucose tolerance test results indicating that there are significant positive changes in insulin action and control of blood sugar levels. Further, the study showed that 95% of the women on low-GI diet had more regular menstruation period while it is only 63% for the women on standard diet.

This underscores the importance of a low-GI diet in the management of PCOS. However, to conclude that the low-GI diet was solely responsible for the encouraging results would be too sweeping. The study may have understated the effect of the calorie intake (23% from protein and 27% from fat for both groups). The controlled calorie intake may be the reason why the 63% of the women on standard diet also showed significant improvement in their menstrual cycles.

One argument against the low GI diet though is that the index only takes into account the effect of each food on blood sugar levels. Patients are likely to make the mistake of eating a low-GI food in combination with some other food the combined effect of which may still cause spikes in blood sugar levels.

The other argument against a low-GI diet is that it only considers the index or the rate at which food is digested and absorbed into our systems. This erroneously leaves out other important factors that should make up a healthy diet such as portion size, calories, fat content and nutritional value.

At any rate, here is a list of common foodstuff you'll see in the supermarket aisles together with their corresponding Glycemic Indexes which you can use as your ready reference.

Foods with 0 to 54 GI (Recommended)		Foods with 55 to 69 GI (Treat with Caution)		Food with 70 and Higher GI (Avoid at all costs)	
VEGETABLES					
Item	GI	Item	GI	Item	GI
Green peas	51			Baked russet potato	111
Humus (1 cup)	6			Boiled white potato	82
Carrots, average	35			Instant mashed potato	87
Parsnips	52			Sweet potato	70
Yam	54				
FRUITS					
Item	GI	Item	GI	Item	GI
Apple	39	Banana, ripe	62		
Dried Dates	42	Grapes	59		
Grapefruit	25	Watermelon	72		
Orange	40	Raisins	64		
Peach	42				
Canned Peach, in light syrup	40				
Pear	38				
Pear, canned in pear juice	43				
Prunes, pitted	29				
DAIRY					
Item	GI	Item	GI	Item	GI
Ice cream,	38	Ice cream	57		

premium					
Milk, full fat	41				
Milk, skim	32				
Reduced-fat yogurt with fruit	33				
Beverages					
Item	GI	Item	GI	Item	GI
Apple juice, unsweetened	44	Fanta orange soft drink	68	Lucozade	95±10
Orange juice, unsweetened	50	Coca Cola	63	Gatorade	78
Tomato juice, canned	38	Cranberry juice	68		
GRAINS					
Item	GI	Item	GI	Item	GI
Pearled barley	28	Sweet corn on the cob	60	White rice	89
Quinoa	53	Couscous	65		
Brown rice	50	Quick cooking white basmati	67		
Converted, white rice (by Uncle Ben's)	38				
Whole wheat kernels, average	30				
Bulgur, average	48				

BREAKFAST CEREALS					
Item	GI	Item	GI	Item	GI
		Cream of Wheat (by Nabisco)	66	Coco Pops	77
		Muesli	66	Cornflakes	93
		All-Bran	55	Instant Cream of Wheat (by Nabisco)	74
		Oatmeal	55	Grapenuts	75
		Raisin Bran	61	Instant oatmeal	83
		Special (by Kellogg's)	69	Puffed wheat	80
BREAD and other BAKED PRODUCTS					
Item	GI	Item	GI	Item	GI
Banana cake, made with sugar	47	Banana cake, made without sugar	55	Aunt Jemima Waffles (by Quaker Oats)	76
Sponge cake, plain	46	Hamburger bun	61	Bagel, white, frozen	72
Vanilla cake (by Betty Crocker)	42	Pumpernickel bread	56	Baguette, white, plain	95
Apple, made with sugar	44	Wheat kernel bread, 50% cracked	58	Kaiser roll	73
Apple, made without sugar	48	Pita bread, white	68	White wheat flour bread	71
Coarse barley	34			Wonder bread	73

bread					
100% Whole Grain bread (by Natural Ovens)	51			Whole wheat bread	71
Corn tortilla	52				
Wheat tortilla	30				
COOKIES AND CRACKERS					
Item	GI	Item	GI	Item	GI
		Rye crisps	64	Rice cakes	82
		Shortbread	64	Vanilla wafers	77
				Graham crackers	74
				Soda crackers	74
BEANS AND NUTS					
Item	GI	Item	GI	Item	GI
Baked beans	40				
Black-eyed peas	33				
Black beans	30				
Chickpeas	10				
Chickpeas	38				
Navy beans	31				
Kidney beans	29				
Lentils	29				
Soy beans	15				
Cashews	27				
Peanuts	7				
PASTA and NOODLES					
Item	GI	Item	GI	Item	GI
Fettucini	32	Macaroni and Cheese (Kraft)	64		
Macaroni	47				
Spaghetti, wholemeal, boiled	42				
Spaghetti, white, boiled	46				

Chapter 5 Menu Plan and Recipes

Just as there is no medical intervention that can cure the dreaded PCOS, there is no single diet or any combination of food that can completely prevent or treat PCOS. The only thing we can do is to put together an eating plan that will alleviate the effects of the symptoms and prevent the condition from escalating into more serious complications.



We know for a fact every time we take in food a corresponding hormonal reaction is triggered. We know too that the underlying factor in PCOS is hormonal imbalance which results in the many associated with the disorder. By being careful with the food we eat and by being active, we should be able to ease at least the major symptoms of this endocrinal disorder.

Unfortunately, there is no ‘one-size fits all’ approach to creating a meal plan that will directly address PCOS and all its symptoms. In short, a meal plan to address fertility issues may be different

from a meal plan that addresses insulin resistance. If you look closely at the so-called dietary regimens designed for PCOS sufferers which are available online, you'll notice that each one of them address specific symptoms of the disease and none attempts to be a cure-all for PCOS.

Which brings us to our point – the goal of every dietary intervention for PCOS must be focused on keeping you trim and healthy. By being healthy and trim you'd be able to manage and even prevent the onset of complications normally associated with the disorder. Eating the wrong food will definitely aggravate the existing symptoms and even result in other more serious complications.

So, how do you eat well? Definitely, starvation diets should not be part of it. They may address the problem with weight gain but will deny your body of other much needed nutrients which can lead to other severe complications.

Below are some guidelines you can follow in making your PCOS meal plan:

- Trim down your daily calorie intake. Cutting down your excessive daily calorie intake will not only prevent your body from gaining weight but, as studies have shown, also help keep your hormones balanced and enhance fertility by stimulating ovulation. A low calorie intake will create an energy source deficit which will force your body to burn more stored fats for energy – making you lose weight in the process. In addition to limiting your calorie consumption, you should spread out your calorie intake throughout the whole day by having 5 to 6 small meals within the day. This will curve so you can avoid your cravings for sweets within the day.
- Limit your carbohydrate sources to foods that have low glycemic index. This will prevent any episodes of sudden spikes in blood sugar levels. Low- GI foods are harder to digest which means sugar will be gradually absorbed into your system making your blood sugar levels manageable.
- Avoid trans fats and saturated fats. They increase the levels of bad cholesterol (LDL) which enhances your risk of acquiring a heart disease.

- Load up on the B Vitamins – They will help ease the PCOS symptoms. For example, Vitamin B₂ helps convert carbohydrate, fat, and protein into energy; B₃ aids the body in maintaining normal blood sugar levels; B₅ controls the metabolism of fat cells and therefore helps in losing weight; B₆ plays a vital role in metabolism and thyroid functions and aids in reducing body weight.
- Avoid Dairy products, they contain Insulin Growth Factor 1 a hormone with insulin like properties and mimics the role of hormones.
- Avoid fish and chips and other fried foods.
- Avoid Sugary Foods - PCOS sufferers are already high on insulin. Taking in more sugar may result in insulin resistance. The list should include sweetened cereals, sweetened juices, cakes, cookies, candies, syrups and sodas. Anything with sugar is out.
- Avoid any food produced from white flour – white flour is a simple carbohydrate that can be digested easily and cause a spike in blood sugar levels.
- Limit your daily sodium intake to just 1,500 mg by avoiding foods high in sodium like canned vegetables, smoked meat, canned soup, chips, marinades and sauces sold commercially.
- Avoid Alcohol – If you can't then just limit it. Alcohol is high in calories and alcohol intake may cause a blood sugar spike.

Keep in mind that you should never adapt any dietary regimen designed to treat PCOS without first consulting a health professional. Different women manifest different symptoms of the disease which means they will also have different dietary and nutritional requirements. Besides, eating the wrong food may worsen your condition. Remember, this is more than just about losing weight. It is an endocrinal disorder that requires the attention of a medical professional.

Having said that let me just give you a sample of a 1 week PCOS Meal Plan - but don't follow it until after you've consulted your physician.

	Breakfast	Lunch	Dinner
Monday	2 Eggs & Bacon	Big salad with romaine lettuce	Rotisserie chicken with sliced apple
Tuesday	Green Smoothie (Kale & Kiwi)	Grilled chicken strips & asparagus	Grilled tuna with celery
Wednesday	2 Eggs & Bacon	Mixed veggies & strip steak	Grilled chicken with a side of mixed berries
Thursday	Fresh strawberries & bananas	Tuna salad with an apple	Grilled steak & mashed cauliflower.
Friday	Sausage & sautéed broccoli	Hamburger patty & spinach	Salmon & avocado
Saturday	2 Eggs & Bacon	Steamed vegetables & grilled chicken	Grilled shrimp salad with romaine lettuce & spinach.
Sunday	Pancakes with Strawberries or Blueberries	Pork chops & sweet potatoes	Bison burger patty with steamed vegetables

You can make a meal plan based on the following guidelines:

Majority of your meals should more or less look like this -

4 to 8 ounce servings of lean protein from pork loin, lean beef, chicken, turkey, or seafood.

With several servings of vegetables (colored or greens) – served raw, lightly cooked, or steamed.

Top your meal with good fats from olive oil, avocado, or unsalted nuts (like pecans, almonds, macadamias, walnuts)

Chapter 6 PCOS Shopping Guide

Today, it is so easy to be overwhelmed by so many food options that are available in our supermarkets that we start buying on impulse and miss out on the healthier food options that are ideal for PCOS patients. So, here is a shopping guide that can help you make your food shopping a breeze the next time you visit your favorite friendly supermarket.



Your First Stop - the Produce Section

- Pick up some greens, sprouts, leafy greens, herbs, lettuces, mushrooms, cabbage, blackberries, celery, grapefruit, and radishes. With this selection of colorful non-starchy vegetables and fruits, you need not worry about counting carbs.
- Don't skip the Romaine lettuce and the spinach. They are fiber-rich and contain a great dose of vitamin A. They are quite easy to prepare too. They can give you a good fill without spiking up your blood sugar.
- Don't forget the Peppers. You can choose any kind or you can get them all. They are all rich in vitamin C and add flavor and color to your dishes.
- Skip the pineapples, potatoes, carrots, corn, bananas, peas, dates, and mangoes. They are all heavy on the

carbohydrates.

Your next Stop – the Dairy Section

- Pick up some skim milk. It is low in fat and contains a lot of calcium, minerals and protein.
- Add some fat-free yogurt if you wish but read the label first because some of them packs a lot of carbs. Avoid the whipped yogurt because of the added sugar in them.
- Include some fat-free or reduced-fat cheese. It can be a satisfying addition to a grain or fruit snack not to mention the load of protein it can give you.
- Avoid the full fat dairies like whole milk, butter, regular sour cream, regular cheese, and regular cottage cheese. Not only are they high in saturated fat which increases cholesterol levels in the blood, they also contain excessive amounts of sodium which is proven to increase the chances of you having a heart attack.

Your Next Stop – The Meat and Seafood Section

- Limit your list to lean meat and skinless chicken. They will be your main source of protein.
- Fatty Fish such as salmon, tuna, and sardines – caught from the wild and not farmed. They come packed with Omega 3 fatty acids which lowers the dreaded triglycerides in the blood as well decrease the buildup of plaque in the arteries.

The whole idea behind having a PCOS shopping list is to limit your food choices to those with low glycemic index and avoid those with high GI. This means you will have to make it a habit to look at the food labels before you buy any food item. This also means you need to learn how to read the nutritional facts contained therein.

Unfortunately, most of these food labels do not reflect the Glycemic Index. You will have to refer to a GI table such as what we have in the previous chapter to get the corresponding indexes of the food you want to buy. It may seem easy enough

to do but you'll soon realize that it will not only take much of your time but after a while, it will also bore you to death like.

Anyway, before you take the plunge and start preparing your own PCOS food list and lining up your low GI PCOS recipes, you must realize that you will be facing a tremendous and cumbersome task – that of reading the food labels and counting the calories every time you think of making a food purchase – a rather tedious task, I may say.

What you probably have in mind right now is to follow one of those frequently advertised and highly popular starvation diets. That's right. Most of these popular dietary regimens you see on TV or print advertising are starvation diets – they starve you of the much needed nutrients your body needs.

Fortunately, there is one dietary regimen which does not require you to count calories. All it does is take out some types of food from your diet. They call it the Paleo Diet.

The Paleo Diet is about adopting a diet similar to what our hunter/gatherer ancestors ate for millions of years - from the Paleolithic Era to the advent of agriculture and industrial age. It is built on the premise that the human body has been genetically programmed to this type of diet. For too long a time before agriculture and food processing machines were invented, man had been consuming the same type of food – food which he was able to hunt down or gather from the wild – so much so that man had developed a genetic adaptation to it. The Paleo Diet advocates believe that the human body's genetic adaptation to a primeval diet could not have possibly altered by the comparably short period of existence of modern food.

What the Paleo Diet simply does is to try to reproduce as realistically and practically possible the kind of food our hunter/gatherer ancestors had been used to eating. And the simplest way to do this is to eliminate the types of food that could not have existed during that period (before agriculture and industrialization).

The food types which the Paleo Diet avoids include:

- Processed foods
- Refined sugar
- Cereal grains
- Refined vegetable oils
- Dairy
- Legumes (including peanuts)
- Potatoes
- Salt

The food choices the Paleo Diet are limited to include:

- Lean meat from grass fed, pasture –raised livestock or wild game animals.
- Fish and seafood caught from the wild and not farmed
- Nuts and Seeds
- Fresh vegetables and fruits
- Eggs
- Healthy oils such as oil from walnut and macadamia nuts, olive oil, coconut oil, flaxseed oil, and avocado oil.

Why the Paleo Diet is good for PCOS Patients

One of the evils that come with modern day foods particularly with the standard American diet is that they contain xenohormones which disrupts the natural hormonal balance in our body and cause our blood sugar levels to spike up erratically. Xenohormones are hormones not produced by our system but introduced to our system through the environment – specifically through the food we eat.


The meat and dairy products we buy from the supermarket comes from livestock that were raised the conventional way – fed with industrially produced feeds that contains growth hormones and other chemicals like preservatives that are foreign to our body. They are also injected with antibiotics, and given all sorts of things to fend off diseases. The


hormones and chemicals these animals consume ultimately find their way into our system. Similarly, fertilizer and pesticide residues from the fruits and vegetables we eat find their way into our body. And so do the phytoestrogens in soy and soy derived products. All of them are proven to disrupt the endocrine system and hampers the body's ability to regulate our hormones.

The Paleo diet eliminates all the xenohormones and other endocrine disruptors simply by going organic and natural and avoiding food types that are industrially processed and those which contain substances that do more harm than good to our body. The best part is – PCOS patients need not count calories or research the glymic index of every food item they feel like buying because the Paleo Diet is not only low in carbohydrate but has also been shown to put your hormones back into balance.

Chapter 7 12 Easy to Prepare PCOS Diet Recipes

Here's an added bonus for downloading this book. 12 easy to prepare diet recipes that will keep blood sugar levels in check and bring the hormonal balance back to your endocrine system while fighting off your fat build-up at the same time.

PCOS Breakfast Recipes		
Chopped Bacon, Eggs, Onions, and Mushrooms	Ingredients	Instructions
	<p>8 Bacon slices</p> <p>8 Eggs, hard-boiled, finely chopped</p> <p>1 finely diced onion, medium size</p> <p>10-12 pieces, medium, finely chopped white mushrooms</p> <p>Black pepper, freshly ground</p>	<p>Fry bacon well and remove from pan to cool. Once cool, crumble into small pieces and set aside.</p> <p>Keep the pan lightly coated with a bit of bacon fat. Discard the rest of the fat.</p> <p>Boil the eggs until hard. Then cool, shell, and cut into small pieces (bite size).</p> <p>Sautee the diced onion over medium to high temperature using the bacon fat coated pan until golden brown and translucent.</p>

		<p>Stir in the mushrooms and sauté for 5 to 6 minutes more until soft. Stir frequently to prevent searing the mushrooms unnecessarily.</p> <p>Mix the sautéed mushrooms, chopped eggs, and bacon bits together in a bowl.</p> <p>Season to taste with black pepper.</p> <p>You may serve it cold or hot</p>
Avocado and Shrimps Omelet	Ingredients	Instructions
	<p>1/4 pound shelled shrimp, de-veined</p> <p>1 tomato, diced, medium size</p> <p>Half an avocado, diced</p> <p>4 pieces eggs, well beaten</p> <p>black pepper, freshly ground</p> <p>1 teaspoon coconut oil</p> <p>1 tablespoon chopped fresh</p>	<p>Cook shrimp until pink on medium heat. Chop into small pieces and set aside.</p> <p>In a small bowl, toss cilantro, avocado, and tomato together. Put aside.</p> <p>Add freshly ground black pepper and sea salt to suit your taste. Place aside.</p> <p>Use a separate small bowl to beat the eggs.</p>

cilantro
sea salt to taste

Pre-heat a skillet over medium to high heat. When hot enough pour in the coconut oil.


Slowly add half of the beaten egg into the skillet, gently tilting it so the egg covers the bottom of the skillet. Make sure the egg is cooked well. You can tilt the skillet or lift one side of the omelet to let the uncooked egg spread into the hot section of the skillet.

When eggs are almost done, place the shrimp pieces on top of half the section of the omelet.

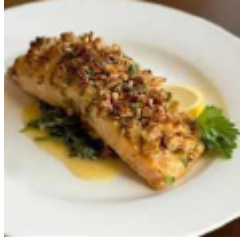
Fold over the other half section of the omelet and leave for one more minute to cook.

Garnish the top with the prepared avocado and tomato mixture.

Follow the same procedure for 2nd omelet.

Mexican Breakfast Scramble	Ingredients	Instructions
	<p>12 ounces chopped chicken breasts</p> <p>4 eggs</p> <p>1 teaspoon coconut oil</p> <p>1/4 red onion, diced</p> <p>1 jalapeno, diced</p> <p>1 green bell pepper, diced</p> <p>1/4 cup chopped fresh cilantro</p> <p>1 tomato, diced, medium size</p> <p>1/2 teaspoon cumin powder</p> <p>1/2 teaspoon chili powder (you may use ground chipotle if you wish)</p> <p>1 tablespoon water</p> <p>1/4 teaspoon sea salt</p>	<p>Heat the coconut oil over medium to high heat using a medium size skillet or frying pan.</p> <p>In a small bowl, break and place the eggs then add sea salt, chili powder, cumin, and water. Use a fork to scramble the mixture until completely blended.</p> <p>Saute the jalapeno, bell peppers, and onions in the hot skillet for 3 to 5 minutes until they are slightly softened.</p> <p>Add the chicken and egg mixture and cook while stirring nonstop until the egg is fluffy .</p> <p>Stir in the tomatoes after removing the egg scramble from heat. Place on a serving dish and garnish with fresh cilantro before serving.</p>

Stir Fried Chicken	Ingredients	Instructions
	<p>1/2 pound chopped pre-cooked chicken breast</p> <p>2 eggs</p> <p>1/2 sliced avocado</p> <p>1/4 pound asparagus cut into two inch pieces</p> <p>1/4 cup almonds, slivered</p> <p>One clove garlic, minced</p> <p>One sliced red bell pepper</p> <p>1/2 cup sliced olives</p> <p>1 tablespoon water</p> <p>1 teaspoon coconut oil</p> <p>sea salt</p>	<p>Beat water and eggs together In a small bowl. Set aside for a while.</p> <p>Place a large skillet or a large frying pan over medium to high heat. When pan is hot enough add the coconut oil.</p> <p>Stir in the garlic, red pepper, and asparagus. Saute until a bit tender (for five minutes).</p> <p>Stir in the chicken and olives followed by the beaten eggs. Cook until the vegetables are tender, chicken is thoroughly heated, and the eggs are well cooked.</p> <p>Add sea salt to taste if desired. Top with avocado and almonds before serving.</p>
PCOS Lunch Recipes		
Baked Salmon	Ingredients	Instructions



3/4 pound salmon fillet with skin on
 2 tablespoons chopped pecans
 1 tablespoon chopped rosemary
 coconut oil
 1/4 teaspoon sea salt

Grease a baking pan lightly with coconut oil while preheating oven up to 350° F.
 Arrange the salmon carefully in the greased pan with the skin side facing down.
 Sprinkle the salmon fish with the chopped rosemary and pecans. Add some sea salt if you wish.
 Place inside the oven and bake for 12 to 15 minutes. The salmon is done if it flakes lightly when tested with a fork.

Shrimp-Stuffed Mushrooms	Ingredients	Instructions
	<p>24 pieces cremini mushrooms, medium size 8 ounces shrimps 1/4 cup coarsely chopped scallions 1/4 cup cilantro, packed</p>	<p>Cut out the stems of your cleaned cremini mushrooms. Brush each mushroom with coconut oil and arrange them with the gill-side down on a baking sheet lined with aluminum foil.</p>

2 slices of bacon,
diced

1 tablespoon
diced jalapeño

2 tablespoons
coconut oil

black pepper,
freshly-ground

1 teaspoon fish
sauce

Kosher salt


Roast for twelve
minutes in an oven
that was pre-heated
to 450°F.

Turn over the
mushrooms, and
continue to roast for
another five minutes
or until all the liquid
oozing out of the
mushrooms have
totally evaporated.

While you are
roasting the
mushrooms, start to
de-vein the shrimps.
Make sure you
remove the tails too.
Chop the shrimps
into smaller pieces.

Place the shrimps
together with the
scallions, jalapeño,
bacon, fish sauce,
and cilantro into a
food blender. Add
some pepper and
salt according to
your taste. Pulse
until you have a
coarsely textured
mixture. It should
have the
consistency of a
chunky, sticky
paste.

With a teaspoon,
scoop enough of the

		<p>shrimp paste mixture to fill each of the roasted mushrooms.</p> <p>Put the filled mushrooms back inside the oven and roast for another 8 minutes or until the shrimp filling has set.</p> <p>Place the mushrooms on a serving dish and serve.</p>
<p style="text-align: center;">Spicy & Sticky Coconut Honey Chicken</p>	<p>Ingredients</p>	<p>Instructions</p>
	<p>For the rice</p> <p>1 head of cauliflower, small cut into florets</p> <p>1/3 cup chicken broth</p> <p>1 tsp. garlic powder</p> <p>1/4 tsp salt</p> <p>For the chicken:</p> <p>1.5 lbs. chicken thighs, chopped into 1 “ cubes</p> <p>1 to 2 tbsp. coconut oil</p>	<p>Shred the cauliflower florets using a food processor until they look like rice. You can use a grater if you wish instead of a food processor.</p> <p>Place a medium sized saucepan over medium heat. Add chicken broth, cauliflower, salt, and garlic powder and let simmer for ten minutes. Stir occasionally to prevent the</p>

Sea salt

For the sauce:

2 tbsp. coconut oil

½ small yellow onion, minced

1 Can coconut milk(14 oz.)

¼ cup of honey

2 cloves of garlic, minced

½ cup of coconut aminos

2 tbsp. sriracha

¼ cup of tapioca flour

½ teaspoon red pepper

salt, to taste


green onions, chopped for garnishing

cauliflower from sticking to the bottom of the pan.

Get a larger saucepan and place it over medium heat. Pour in coconut oil. Once the oil is hot enough, add the chicken cubes making sure they are too crowded to allow proper and even searing of the chicken cubes.


Sprinkle with some salt. Once the chicken cubes are cooked through, scoop them out of the pan with a slotted spoon and set them in one place for the meantime.

Add 2 tablespoons of oil to the pan and sauté the onion and garlic until the onion is translucent. Stir in the coconut milk, coconut aminos, honey, red pepper flakes, sriracha, and salt. Bring it to a low boil while whisking the mixture

		<p>continuously before reducing the heat to low.</p> <p>While whisking, stir in tapioca flour slowly a little at a time until all the flour has been stirred in. Do not stop stirring to prevent the flour from lumping.</p> <p>Add in the chicken when the mixture thickened. Let it simmer for one minute to allow the chicken to reheat.</p> <p>Pour the chicken together with sauce slowly on top of the cauliflower rice. Top with green onions before serving.</p>
<p>CILANTRO TURKEY BURGERS</p>	<p>Ingredients</p>	<p>Instructions</p>
	<p>1 pound ground turkey</p> <p>1/4 cup finely chopped red onion</p> <p>1 cup chopped cilantro,</p>	<p>Turn your broiler on low heat.</p> <p>Use a mixing bowl and place all the ingredients together inside. Mix and blend well using a fork.</p>

	<p>2 teaspoons minced garlic</p> <p>1/4 teaspoon black pepper, freshly ground</p> <p>1 teaspoon sea salt</p>	<p>Divide the blended mixture into 4 portions and hand-shape into patties.</p> <p>Broil until cooked to desired doneness.</p>
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PCOS Dinner Recipes

QUICK AND SIMPLE STIR-FRIED KALE AND BACON	Ingredients	Instructions
	<p>1 bunch of kale, thinly chopped</p> <p>¼ inch long bacon strips (cut from 3 to 4 slices of bacon)</p> <p>A squeeze of lemon</p> <p>black pepper, freshly ground</p> <p>Kosher salt or sea salt</p>	<p>Wash the kale leaves and chop thinly.</p> <p>Sautee the bacon strips until crisp. Add in the chopped kale and some pepper and salt according to your taste.</p> <p>Stir fry for two minutes then put in a squeeze of lemon. Yummy and super quick too.</p>
MACADAMIA-ENCRUSTED HALIBUT	Ingredients	Instructions
	<p>1 pound fresh fillets of halibut</p>	<p>Preheat oven to 350°F.</p>



3/4 cup chopped
Macadamia nuts

1 egg

1 teaspoon olive
oil

2 teaspoon
coconut milk

1 orange

1 tablespoon
chopped fresh
parsley

1/4 teaspoon sea
salt

1/4 tsp black
pepper

The zest of 1/2
orange

In a small skillet placed over medium to low heat, start toasting the Macadamia nuts until they are browned and slightly golden. You have to stir continuously to prevent the nuts from burning.


Place in one place to cool. Chop the nuts when they are cool.

As the nuts are cooling, take out a shallow baking pan and grease it lightly with olive oil.

In another bowl, Place the egg and the coconut milk and beat them together. Place it aside to for a while.

Place the chopped macadamia nuts on another shallow bowl and add sea salt, parsley, orange zest, and pepper..

Start dipping the halibut fillet one by one into the egg mixture making

		<p>sure that each side is well coated.</p> <p>From the egg mixture, press the halibut fillet in the nut mixture this time. Again, making sure that each fillet is well coated.</p> <p>Place the Halibut fillets in the greased baking pan. Place inside the oven and bake for at least 15 minutes. You'll know the Halibut is done if it flakes when tested with a fork.</p> <p>Add orange slices on the side before serving.</p>
<p>Green Chile Chorizo Cauliflower Casserole</p>	<p>Ingredients</p>	<p>Instructions</p>
	<p>1 lb. chorizo 4 eggs, lightly beaten 1 diced yellow onion 12 oz. green chiles, diced</p>	<p>Preheat oven to 375 degrees</p> <p>Place the yellow onion and chorizo on a large pan over medium heat until the meat is browned.</p>

	<p>½ teaspoon garlic powder</p> <p>1 cauliflower florets (pre-cut from 1 head)</p> <p>Pepper</p> <p>salt</p> <p>green onions, diced</p>	<p>Stir in the diced green chiles and mix well. Remove from the heat and transfer the mixture into a large bowl.</p> <p>Place the cauliflower florets in a food blender and shred into small pieces that resemble rice. Transfer this cauliflower rice into the same bowl with the chorizo mixture.</p> <p>Add the eggs, salt, pepper, and garlic powder into the bowl and mixing well until everything is blended well together.</p> <p>Pour the mixture into a lightly greased glass baking dish(9×13).</p> <p>Place inside the pre- heated oven and bake for forty five minutes.</p> <p>Allow to rest for at least five minutes before serving. Decorate with diced green onions on top.</p>
Cauliflower Puree	Ingredients	Instructions

Topped with Seared
Chicken Thighs



1 bunch
cauliflower
florets (pre-cut
from 1
cauliflower
head)

4 tbsp of coconut
oil

3 pieces skinless,
boneless chicken
thighs , pounded
to ¼ inch
thickness

3 cups button
mushrooms,
sliced

1 tsp garlic
powder

1 small chopped
yellow onion,
pepper

salt

Steam the
cauliflower florets
until tender.

Place 2 tablespoons
of coconut oil to a
large pan over
medium to high
heat.

Season the chicken
thighs with half a
teaspoon of salt,
garlic powder, and
pepper.

Once the oil is hot
enough, place the
chicken thighs into
the pan. Cook each
side of the chicken
thighs for 5 to 7
minutes each or
until thoroughly
browned.

While the chicken is
still cooking, put
another large pan
over medium heat.

Pour two
tablespoons of
coconut oil to the
pan and start to
sauté the onions
until translucent.

Stir in the
mushrooms together
with half a teaspoon

of garlic powder, pepper, and salt. Stir fry for 5 minutes until the mushrooms are soft.

Meanwhile, place the softened cauliflower florets in a food blender. Throw in a dash of salt and puree the florets until smooth.

Then stack them altogether on a serving dish starting with the cauliflower puree, then the chicken thighs and lastly the mushrooms and the onions.

Conclusion

Thank you again for downloading this book!

I hope this book was able to help you with the right information on how to deal with Polycystic Ovarian Syndrome – the so-called dreaded silent killer. You may not be able to get rid of it completely from your system but with the valuable information contained in this book, you should be able to conquer the difficult challenges you may face with great ease. This book should help you regain the healthy, fertile lifestyle you've always been wishing you had.

The next step is to follow the tips and recommendations on how to handle the symptoms of this dreaded menace and live a healthy, fruitful, and productive life. You'll see, sooner or later, these symptoms will soon disappear. It's never too late to start living a stress free life even with PCOS so act now.

Finally, if you enjoyed this book, please take the time to share your thoughts and post a review on Amazon. It'd be greatly appreciated!

Thank you and good luck!