

PCOS Supporting Protocol

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| <p>Sugar-balancing protocol</p> <p>Majority of women with PCOS have an issue with sugar, IR being the most common one. Lowering the intake of sugar (even from real food), processed carbohydrates (including cereals, flours, protein powders) and alcohol is vital. Implement the CFB Sugar-balancing Protocol starting today!</p> | <p>Blood sugar fluctuation and cravings</p> <p>Reversing insulin resistance and stabilizing blood sugar levels are paramount in managing PCOS. Please adopt changes from our Sugar Balancing Protocol.</p> |
| <p>Protein-rich food and snacks</p> <p>Sustaining the sugar levels is key – look for PCOS-supporting meals and snacks in the CFB recipe index. Snacking on high-protein food is helpful in managing the sugar levels.</p> | <p>Dieting</p> <p>Obsessive dieting, deprivation, counting calories, fad diets, diet pills, shakes and herbs are not a sustainable way of eating, losing weight and embracing life. Adopt the CFB principals of repairing the digestion, detoxifying the liver and stabilizing sugar levels using <i>real food</i> only.</p> |
| <p>PFF Breakfast</p> <p>Breakfast rich in proteins, fat and fiber, within 1 hour of rising. Avoid sugary, processed breakfasts such as cereals and shakes/protein powders. This will help reversing insulin resistance and feeling grounded.</p> | <p>Coffee and alcohol</p> <p>Coffee and alcohol increase blood sugar levels and amplify insulin resistance. If you must drink coffee or alcohol, have it with or after food. Add matcha tea for a slight kick and herbal teas as a new way of enjoying life.</p> |
| <p>Fiber</p> <p>Fiber helps reduce excess androgens by supporting the liver in flushing them out through the bowels. Add 2-3 tbsp of insoluble fiber per day; ground flax seed, chia seeds or psyllium husk. Beans and green leafy vegetables are also great sources – add at least 2 cups per day.</p> | <p>Digestive distress</p> <p>Gluten, dairy, eggs, soy, corn, sugar, nightshades, yeast, sometimes grains and, of course, sugar can contribute to digestive distress and poor liver function which cause inflammation – an underlying cause of PCOS. Do the Elimination Diet to find your problem food.</p> |
| <p>Estrogen-lowering protocol</p> <p>If estrogen levels are elevated (often the case in women with PCOS), incorporate changes from our Estrogen Dominance Protocol. Estrogen dominance causes overstimulation of ovaries and can cause ovarian cysts and anovulation.</p> | <p>Emotional wellbeing</p> <p>Many women with PCOS experience low self-esteem, fear, pain and guilt from the past and in the present which can result in cortisol release. Cortisol increases blood sugar levels and amplifies the damaging effects of estrogen.</p> |
| <p>Superfoods</p> <p>Many women with PCOS are nutritionally depleted. Add plenty of superfoods like bone broths, liver (pate), vegetable broth, sea vegetables, ferments and sprouted food. They will deliver a daily doses needed of Vit C, D3, A, E, Bs, K2, Ca, Mag, zinc and glutathione.</p> | <p>Excess weight</p> <p>Belly fat contributes to estrogen overproduction and the development of cysts. Losing weight through identifying food intolerances, supporting the liver, managing sugar levels and exercise will help melt the pounds away.</p> |
| <p>Weight training</p> <p>Increasing muscle mass will increase the surface area for insulin to enter and clear up excess glucose. Weight training and interval training produce great results for women with PCOS.</p> | |
| <p>Herbal ad supplement support</p> <p>Herbs such as berberine, goldenseal and chromium picolinate are known to help increase the sensitivity of insulin receptors.</p> | |

