

checklist:

Polycystic Ovarian Syndrome (PCOS)

- ❑ Follow the suggestions for irregular cycles.
- ❑ Eat some protein at every meal. Try replacing grains with beans and lentils. Make sure to get essential fatty acids such as flaxseed oil, evening primrose oil or fish oils, plus following the other good food guidelines. And check out [Flo Living](#) for specific dietary guidance.
- ❑ Exercise is important, especially if you're overweight. The good news is that you only need a five per cent drop in weight to regulate your hormones.
- ❑ If you do need to lose weight, we highly recommend [Cura Romana](#) a health and weight loss programme put together by Leslie Kenton. It can reset your hormonal and nervous system, detox your body and leave you feeling emotionally and physically transformed. We have both experienced her programme and loved the results.
- ❑ Do the Deer Exercise, castor oil packs and Maya abdominal massage. (details with the HH course)
- ❑ Dr Christiane Northrup recommends that you look at any negative childhood messages you may have taken on about being a fertile woman. Bring these internal messages to consciousness so that they don't control your body or your ovaries.