

PCOS

Recommendation

Avoid processed foods (e.g. cakes, sweets, biscuits, sugary cereals & drinks, dessert, white bread, scones, rolls, crisps etc)

Use lower temperature cooking methods where possible (e.g. steam, boil, poach, slow cooker)

Exercise (build up gradually)

Drink 2 cups daily of green tea or spearmint tea

1tbsp of vinegar in cup of water daily (drink using straw)

Myo-inositol supplement

Other supplements to consider: Vitamin D, probiotics, omega 3.

Note: vinegar consumption can be split during the day (e.g. 2tsp in cup of water, twice daily).

How it works: reduces inflammation, improves blood sugar control, aids weight loss and rebalances hormones.

Side-benefits: reducing processed foods in the diet may help lower risk of diabetes, cardiovascular disease and some cancers.

References: healGB.com/pcos

Feedback: if you try this approach and would like to provide feedback of your experience please let us know by email: [feedback\(at\)healGB\(dot\)com](mailto:feedback(at)healGB(dot)com)

Disclaimer: the information in this leaflet is not intended to replace medical advice. Please check with your GP before trying alternative remedies.