



Women's Health: PCOS Symptoms & Lifestyle

Polycystic ovary syndrome (PCOS) is strongly linked to insulin resistance. Symptoms often appear before abnormal hormone labs. Lifestyle interventions are first-line treatment. Early action improves fertility and metabolic health.

Insulin resistance increases androgen production, disrupting ovulation and promoting acne and unwanted hair growth. Weight gain further worsens insulin signaling.

Labs may show elevated insulin and triglycerides while reproductive hormones appear normal.

Addressing nutrition, movement, and sleep improves insulin sensitivity and restores cycle regularity.

01 For Example

A young woman has irregular cycles and acne but normal hormone tests. Years later, weight gain and prediabetes appear. When lifestyle changes focus on balanced meals and strength training, cycles normalize and metabolic markers improve.

02 Try This Today

Measure: Track cycle regularity or PCOS symptoms monthly.

Do: Build meals with protein and fiber at each sitting.

Reflect: Ask whether insulin resistance could be driving symptoms.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

