

INSULIN DYSREGULATION/PCOS PROTOCOL

There are many natural treatment options available for women with PCOS and insulin issues. The goal of this protocol is to provide the best practical steps to address this condition without the use of prescription drugs.

STEP 1 – FOOD

1. **Low Glycemic Love** – The goal with runaway insulin is to rein it back in so that you can lower excess androgens. The best way to do this is to start incorporating lowglycemic foods immediately. Please refer to my **“Balance Blood Sugar Protocol”**.

Note: On a scale of 1-100, any food below 55 is acceptable. Example: a bowl of cornflakes has a glycemic index of 93 while an apple is 39.

2. **Sugar baby** – The low glycemic paragraph above would not be complete without a small lecture on sugar. I know it’s irresistible to many of us but it increases insulin levels which can increase androgens. Please refer to my **“Conquer Sugar Addiction”** handout for addressing your sweet tooth.

3. **Fabulous Fiber** – Fiber increases elimination of testosterone through the bowel. Hail mighty fiber! If you have PCOS, and even if you don’t, you should be getting 35-45 grams of fiber a day. This is because without sufficient fiber, testosterone can be reabsorbed and used all over again!

4. **Omega-3’s please** – An interesting fact: women with more omega-3’s in their blood have lower androgens. Incorporate 4oz of wildcaught salmon 2-3 times a week, and add in walnuts, chia seeds, sardines and avocados. Refer to the food choices on my **“Balance Blood Sugar Protocol”**.

5. **Eat foods high in zinc** – High androgens, obesity and acne are associated with a zinc deficiency. Include foodbased sources of zinc in your diet – sesame seeds, pumpkin seeds and oysters.

6. **Vitamin D** – Nearly half of women with PCOS are lacking in the sunshine vitamin. Go out in the sunshine every day for 20 minutes between 10am-2pm (with sunblock only on your face) to start building up your vitamin D levels.

7. **Chromium** – Chromium is a mineral that promotes proper insulin utilization and helps with bloodglucose management. The USDA says that 50% of Americans are deficient in chromium so clearly there is a correlation to the high incidence of insulin resistance, diabetes and PCOS. Chromium can be found in a wide range of foods – Broccoli, sweet potatoes, grassfed beef, raw onions, and eggs are all good sources.

8. **Cinnamon** – Cinnamon has been shown to significantly reduce blood sugar levels. All you need is ½ a teaspoon a day of this amazing spice.

STEP 2 – SUPPLEMENTS & HERBALS

9. **Vitamin D** – I recommend supplementing with 2000IU/day.
10. **Inositol** – This should be considered before the use of prescription drugs. There are two types that are recommended for women with PCOS: D-chiro-inositol and Myo-inositol. Recommended dose: D-chiro-inositol – 600mg twice a day & Myo-inositol – 1 gram twice a day.
11. **Chromium** – I recommend supplementing with 200mcg of chromium picolinate a day.
12. **Fish/Cod Liver Oil** – I recommend 1000-3000mg of fish oil a day. You can try Nordic Naturals ProOmega or Green Pastures Butter Oil/Fermented Cod Liver Oil Blend which is high in EPA/DHA, vitamin A (for skin issues) and vitamin D. I think this is a superior product.
13. **B Complex** – The various B vitamins play a big role in alleviating PCOS symptoms. On a whole they are responsible for maintaining normal blood sugar levels, fat metabolism, hormonal balance and proper absorption of zinc. I recommend Thorne Research Basic B Complex.

STEP 3 – OTHER PRACTICES

14. **Reduce exposure to BPA** – Bisphenyl-A is a chemical found in many plastics, canned food linings, and even in receipts. Studies show women with PCOS have elevated levels of BPA in their blood. You have complete control over the plastics you come in contact with so choose products and foods wisely.
15. **Acupuncture** – I am a huge proponent of acupuncture for reproductive health. I know many women who have regulated their cycles and gotten pregnant after introducing acupuncture into their wellness and healing regimen. I highly recommend acupuncture before trying any major medication to address your PCOS symptoms. One session a week is a great place to start.