

# Components of the PCOS Master Plan

The next couple of months are going to be an adventure. We're going to be covering a lot of ground as we implement the PCOS Master Plan together.

There are a number of components to the PCOS Master Plan.

## 1. Support

Research shows that women who have the support of other women with PCOS feel more empowered and able to manage their PCOS. We need each other and the support of those closest to us to make this work.

## 2. Nutrition is the foundation

There is a lot of ground to cover in this module. I'm going to show you how to eat to balance your hormones, find PCOS friendly recipes and I'm going to teach you how to analyse them – working out calories, carbs, glycemic load. We'll also look at how to meal plan and manage your cravings.

## 3. Supplements for PCOS

I don't want you to spend time and money on supplements that are not shown to be effective. In this module, I'm going to show you the Supplement profile for women with PCOS and we'll look at how we can add to that once we have the core supplements in place.

## 4. Living Well with PCOS

This is where we start to live well. We have a lot of ground to cover in these sessions.



# Components of the PCOS Master Plan

Once you have the basics down, we're going to look at things that add to your quality of life. Things that we're going to be talking about – sex drive, exercise, stress, sleep.

## 5. Getting to Grips with the Symptoms

We know that the symptoms are going to take a while to resolve - this is not going to happen overnight.

So, we're going to go into a lot of detail of how to manage the symptoms while we're waiting for our hormones to improve.

## 6. Is there a Doctor in the House?

We need our doctors and they're an integral part of our team. In this module we're going to look at when we might need our doctor's help, what to look out for in the secondary symptoms and make sure that we're having our regular check ups.

## 7. Refining your Master Plan

In this last module, we'll review your PCOS Master Plan. We'll look at what is working well and also at those things that can be tweaked and improved.

## Action Step #1

Make sure that you're getting good support by joining the PCOS Master Plan Facebook group.



# Components of the PCOS Master Plan

## Action Step #2

Make sure to write down the questions you want answered by the end of the course. Keep them in a safe place so that we can refer back to them and make sure that by the end of the course all of those questions have been answered.

## Action Step #3

Don't be tempted to rush through the course. Take things slowly and make sure that you're assimilating and applying the techniques and strategies that I'm going to show you.

