

PCOS Resource Guide



Smart Fertility Choices

Living with PCOS can be brutal, especially when it prevents you from falling pregnant. I speak from experience and four years of trying to get pregnant while living with PCOS.

This resource guide is a comprehensive curation of all the top resources that I could find on PCOS and is intended to get you started down the path to recovery and hopefully a successful pregnancy sometime in the future.

Xo Kym - www.SmartFertilityChoices.com

1. First if you haven't already, I would recommend reading ['Your Ultimate Guide to PCOS'](#). Here you can gain a foundational knowledge of PCOS including:

- What is PCOS
- Symptoms of PCOS
- How PCOS affects your fertility
- Signs and symptoms of PCOS, and
- Treatment options for PCOS

2. Secondly after getting a good foundational understanding of PCOS, check out this fantastic treatment plan for treating PCOS with food, supplements, and lifestyle changes:

As you can probably tell from [my blog post 'Your Ultimate Guide to PCOS'](#), I'm a big fan of what Alisa Vitti is doing at [Flo Living](#) and recommend you visit her website if you want access to a natural treatment protocol that has helped thousands of women in 216 countries over the past 14 years fix their periods, get pregnant, and navigate perimenopause.

Alisa has given a highly informative, entertaining and emotive TED talk, which [you can see here on YouTube](#). It's hard not to like this woman in my view 😊

3. The third resource I would like to recommend is a great Australian online knowledge center for managing PCOS:

[PCOS Health and Nutrition Centre](#): As a highly qualified and experienced dietician, Dr Marsh is one super-smart cookie when it comes to managing PCOS through diet.

Her organization, the PCOS Health and Nutrition Centre seems to be pretty successful at meeting its objectives of being a 'one-stop shop' for everything you need to know about managing PCOS through lifestyle changes, including nutrition, exercise, sleep and stress management.



At the PCOS health Centre you can:

- Discover why lifestyle changes play such an important part in managing PCOS
- Access face-to-face and email consultations, and email programs
- Shop for books and products to help you manage your PCOS
- Subscribe to Dr Marsh's blog for regular lifestyle tips, research and recipes to help you in making healthy lifestyle changes for managing PCOS

4. My fourth suggested resource is an American online knowledge center for managing PCOS:

[PCOS Nutrition Center](#): If you prefer your medical information from US sources, then you'd be hard pressed to over-look the PCOS Nutrition Centre. Founded by Angela Grassi who has been described as the "go-to nutritionist for women with PCOS", the PCOS Nutrition Centre was established to give you the support, tools, information and resources you need to make lasting changes to your eating, health and fertility.

5. This resource guide could not be complete without a resource for Traditional Chinese medicine for the treatment of PCOS:

If you are not yet sold on acupuncture for PCOS here is a great excerpt I've paraphrased from a paper by Stener-Victorin et al. (2010)¹:

"While the use of acupuncture has not been well investigated (or investigated well in many cases) by clinical trials, experimental studies show that acupuncture has substantial effects on reproductive function.

¹ Stener-Victorin E, Wu Xiao ke, Effects and mechanisms of acupuncture in the reproductive system, Autonomic Neuroscience: Basic and Clinical, 2010

After reviewing the clinical and experimental evidence relating to the possible mechanisms of action of acupuncture on polycystic ovarian syndrome, it is clear that acupuncture modulates the nervous system, the endocrine system and the neuroendocrine system; and that acupuncture has been demonstrated to be a suitable alternative or complement to pharmacological induction of ovulation, without adverse side effects."

If you're interested in knowing more about acupuncture for the treatment of PCOS, I'd like to send you to see Dr Mike Berkley from [The Berkley Centre for Reproductive Wellness and Women's Health in New York](#).

I first started following Dr Berkley when I heard Sasha Ottey interview him on her [PCOS Challenge Podcast](#), which is also a fantastic resource for women with PCOS. You can listen to the interview with Dr Berkley [here](#).



Dr Berkley doesn't claim that he can solve your PCOS related infertility using some ground-up Mountain Oysters, Snake-oil and your Mom's pin-cushion. But what he does assert is that by using herbs and acupuncture, your chances of conceiving can be improved through increasing the frequency of your ovulation.

Dr Berkley also points-out something that I have observed in spades: that Traditional Chinese Medicine is GREAT for mitigating the adverse side effects of western medications and IVF protocols.

6. My sixth suggested resource is an in depth explanation of the causes of PCOS:

As promised in [my blog post 'Your Ultimate Guide to PCOS'](#), please visit the [PCOS Help Centre](#) for a fantastic 550-word explanation of the mechanics of luteinizing hormone, follicle-stimulating hormone, and gonadotropin releasing hormone during ovulation, and the theory behind what goes wrong for PCOS patients.

The PCOS Help Centre is a site for sufferers of Polycystic Ovarian Syndrome and is committed to helping you to help yourself through information dissemination.

7. Interested in treating PCOS with herbal extracts? If so here are a list of herbal extracts used in pre-clinical and clinical trials that have REAL evidence behind them showing that they work:

In my [blog post 'Your Ultimate Guide to PCOS'](#), I mention that preclinical and clinical studies provide evidence that six herbal medicines may have beneficial effects for women PCOS (Arentz 2014)², these being:

- Vitex agnus-castus
- Cimicifuga racemosa
- Cinnamon cassia
- Tribulus terrestris
- Glycyrrhiza spp.
- Paeonia lactifloa

The proprietary products used in the trials were:

Vitex Agnus	Strontan® Mastodynon® Phyto-hypophyson® Agnacaston®
Cimicifuga racemosa	Klimadynon®
Others	To be confirmed...

8. One of the most difficult problems you can face when having PCOS and trying to get pregnant is predicting when you are going to ovulate. If you are facing this problem check out my favorite product for solving this:

Having had PCOS myself for the last 4 years the only way I have been able to accurately figure out when I was ovulating was by using a product called an [Ovacue Monitor](#) as using normal ovulation kits with PCOS can be highly inaccurate and a waste of time.

It does take some a time getting use to figuring out how to read your chart but there is an entire community of people



² Arentz S, Abbott J.A ,Smith C.A, Bensoussan A, Herbal medicine for the management of polycystic ovary syndrome (PCOS) and associated oligo/ amenorrhoea and hyperandrogenism; a review of the laboratory evidence for effects with corroborative clinical findings, BMC Complementary and Alternative Medicine, 2014.

who can help you, along with a great technical support team that comes with the product. It is definitely worth the money and effort it takes. I couldn't recommend it enough! [Check it out for yourself \(click here\)](#)

9. And finally, if you are still wanting additional info on PCOS here are few other links worth checking out:

[Overcome PCOS:](#)

I particularly like what Amber Benge has to say on diet for PCOS.

[PCOS Diet Support:](#)

This is a great food blog for women with PCOS.

[PCOS Diva:](#)

Health Coach Amy Medling offers a couple of food based programs to help take control of your PCOS symptoms.

[Conquer Your PCOS Naturally:](#)

International Author, Dr Rebecca Harwin offers a 31-day program that claims to get you pregnant if you have PCOS.

And finally I would like to leave you with a quote I thought fitting in hopes it may inspire you to keep persevering and to not lose hope.

Living with PCOS is not easy and taking all of this information I have given you and putting it into action is a LOT of work (I know from experience!) but if you do I promise you will be greatly rewarded.

Xo Kym



**"We must accept finite disappointment,
but never lose infinite hope."**

**Martin Luther
King, Jr.**